

Pennsylvania Pregnancy Risk Assessment Monitoring System: Phase 7 Descriptive Analysis Report

**Bureau of Family
Health**

October 2020



pennsylvania
DEPARTMENT OF HEALTH

Table of Contents	1
Acknowledgements	4
Executive Summary	5
Methods	6
Findings	7
Demographics:	7
I. Pregnancy Intention and Family Planning	9
A. Pregnancy Intention	9
B. Contraception	12
1. Before Pregnancy	12
2. After Pregnancy	15
II. Health Care Services	20
A. Preconception Care	20
B. Prenatal Care	23
C. Childbirth Class	27
D. Home Visitor	28
E. Flu Shot	32
F. Post-partum Check-up	34
G. HIV	37
H. Tdap Vaccination	39
III. Nutrition and Exercise	40
A. Multi-Vitamin Use Greater Than 4 Days	40
B. Dieting Before Pregnancy	42
C. Exercise 3 or More Days Per Week	42
IV. Healthy Weight	43
V. Oral Health	45
A. Before Pregnancy	45
B. During Pregnancy	46
VI. Health Insurance	50
A. Insurance Before Pregnancy	50
B. Insurance During Pregnancy	51

C.	Insurance Post-partum	52
VII.	Post-partum Experiences	54
VIII.	Safe Sleep Behaviors	57
IX.	Breastfeeding	63
X.	Injury	68
A.	In the Home	68
B.	In the Car	69
XI.	Mental Health	72
A.	Depression	72
1.	Before Pregnancy	72
2.	During Pregnancy	74
3.	Post-partum	78
B.	Anxiety	83
XII.	Substance Use	84
A.	Smoking	84
B.	Alcohol	90
C.	Drug use	95
XIII.	Intimate Partner Violence	97
XIV.	Social Determinants of Health	104
	Appendix A	111
	Citations	114

Acknowledgements

Thank you to everyone who contributed to the creation of this report, especially the 4,089 Pennsylvania Pregnancy Risk Assessment Monitoring System (PA PRAMS) respondents. Without their willingness to share their experiences, this report would not be possible. Special thanks to the following people:

Pennsylvania PRAMS Committee:

Brooke Di Leone—AccessMatters
Chastity Frederick—City of York - Bureau of Health
Giselle Hallden—Pennsylvania Department of Health, Bureau of Family Health
Helen Hawkey—PA Coalition for Oral Health
Nichole Lehr—Hamilton Health Center, Inc.
Vanessa Mensah—Philadelphia Department of Public Health
Wendy O’Shea--Nurse Family Partnership
Raynard Washington—Philadelphia Department of Public Health
Aerielle Waters—Pennsylvania Department of Health, Office of Health Equity
Dannai Wilson—Allegheny County Health Department

Pennsylvania Department of Health PRAMS Staff:

Tara Trego—director, Bureau of Family Health
Erin McCarty, MPH—PRAMS principle investigator, Bureau of Family Health
Angelo Santore, MPA—PRAMS manager, Bureau of Family Health
Sara Thuma, MPH—PRAMS coordinator, Bureau of Family Health
Rebecca Blacketter—PRAMS administrative support, Bureau of Family Health
Nhiem Luong, MD, DrPH—MCH epidemiologist, Bureau of Epidemiology
Zhen-qiang Ma, MD—epidemiologist, Bureau of Epidemiology

The Bloustein Center for Survey Research:

Nancy Wolff, PhD—director
Vanessa Loyola—deputy assistant director, PRAMS Unit
The Bloustein Center for Survey Research interviewers

The Centers for Disease Control and Prevention

Holly Shulman—CDC program manager for PA PRAMS

This publication was made possible by grant number 5U01DP006223 from the Centers for Disease Control and Prevention and by the Health Resources and Services Administration’s Title V Maternal and Child Health Services Block Grant number B04MC33863.

Executive Summary

The Pregnancy Risk Assessment Monitoring System (PRAMS) is an ongoing epidemiological surveillance project of the Centers for Disease Control and Prevention (CDC) and state health departments.¹ PRAMS is designed to identify and monitor a variety of maternal experiences and behaviors occurring before, during, and after pregnancy among a sample of people delivering a live birth.² The goal of the PRAMS project is “to improve the health of mothers and infants by reducing adverse outcomes.”³

PRAMS originated in 1987 and Pennsylvania (Pa.) began participating in PRAMS in 2007. PRAMS is currently in 51 states and jurisdictions that represent approximately 83 % of all US live births.⁴ The PRAMS questionnaire is composed of 2 types of questions. There are a core set of questions asked by all states. The remaining questions on the questionnaire are chosen from a pretested list of standard questions developed by the CDC or states can develop their own questions to include on the questionnaire. The PRAMS questionnaire changes over time and each change in questionnaire is designated by a new “phase.” For additional information on PRAMS, please visit <https://www.cdc.gov/prams/index.htm>.

The mission of PA PRAMS is to promote the collection, analysis, and dissemination of population-based data of high scientific quality and to support the use of data to develop policies and programs in order to reduce maternal and infant morbidity and mortality. The purpose of this report is to make publicly available responses for all the questions in the PA PRAMS Phase 7 (2012-2015) dataset. This data can then be used for the development of programs and policies to improve the health and well-being of families in Pa. This report is a first step in making the PA PRAMS data more accessible to maternal and child health (MCH) stakeholders and the public. The questions from the PA PRAMS Phase 7 survey are categorized by topic so readers can quickly navigate to their topic(s) of interest. Commonly used MCH indicators have been stratified by demographic characteristics of the PRAMS respondents. As some questions ask about a variety of topics, these questions and respective sub-questions appear under multiple topic headings. In these cases, the full question is listed in Appendix A. Additionally, there are select PRAMS indicators included that are composites of questions or sub-questions. These indicators were included due to their topic relevance. Explanations of these composites are located with the question. The Phase 7 PA PRAMS questions have been cross-referenced with the following:

- CDC published selected PRAMS indicators⁵
- Pennsylvania’s 2015-2020 Title V Maternal and Child Health Services Block Grant
- Healthy People 2020 indicators
- The PA PRAMS Phase 8 questionnaire

For any questions regarding this report, PA PRAMS, or to request additional PA PRAMS data analysis, please contact the Bureau of Family Health’s Division of Bureau Operations at 717-346-3000 or email paprams@pa.gov

Methods

The PA PRAMS sample is randomly selected from Pennsylvania's resident live birth certificate files. The sample is stratified by infant birth weight (<2500 grams, ≥2500 grams). The stratification of the sample is necessary to sample those with an infant birth weight <2500 grams at a higher rate. This ensures there is adequate data for this population. For PA PRAMS Phase 7 (2012-2015), PA PRAMS sampled approximately 1700 potential respondents each year with about 140 sampled each month. The response rate for PA PRAMS was 65.3% in 2012, 68% in 2013, 68.6% in 2014, and 69% in 2015. These response rates exceeded the CDC response rate threshold for this time period: 60% for 2012-2014 and 55% for 2015.

There is a standard data collection methodology for PRAMS which allows for comparisons among states. PRAMS has two modes of data collection: a survey distributed through the mail and a survey by telephone. In Pennsylvania, the survey is available in both English and Spanish for both modes of data collection. When a survey is sent by mail, there are multiple follow-up attempts. If these attempts are not successful, a telephone survey is attempted. For additional information on the PRAMS methodology, please visit <https://www.cdc.gov/prams/methodology.htm>.

The PRAMS dataset is composed of PRAMS survey data and birth certificate data. The linkage between the birth certificate data and the PRAMS data allows for the weighting of the data and the generalizability of the findings to the state population.⁶ All analyses for this report were performed using the STATA software program, version 13, taking into account the complex survey design.

Selected questions in this report were stratified by the following demographic characteristics:

- Age;
- Race;
- Ethnicity;
- Marital status;
- Education; and
- Income.

These stratifications were selected with PRAMS Committee input and are commonly used when analyzing PA PRAMS and other MCH data sources to identify potential disparities among and between groups of respondents.

There are several limitations to the PRAMS data. First, PRAMS survey data are self-reported. Information is dependent on who chooses to respond to the survey, the respondents' ability to recall details of past events, and there may be a tendency to report more socially acceptable answers. Second, there may be respondent groups under-represented. Third, due to several factors, only 8 months of data were collected in 2012, limiting the amount of available data for that birth year. Fourth, as the PRAMS sample is drawn from those with live births, the experiences and behaviors of those whose pregnancy does not result in a live birth are not included in the sample.

Findings

Reported in the findings below are responses to all the PA PRAMS Phase 7 survey questions. Due to built-in skip patterns or missing information, not all respondents have provided an answer to every question. The questions have been grouped by topic area to allow readers easy navigation to topics of interest. The PA PRAMS Phase 7 question numbers are noted for ease of reference. Readers are highly encouraged to reach out to PA PRAMS staff for further analysis of topics. Unless otherwise indicated, the questions below are also found on the PA PRAMS Phase 8 (2016-Present) survey.

Demographics:

The table below describes the population of respondents for the PA PRAMS Phase 7 (2012-2015) survey period.

Characteristics		2012		2013		2014		2015		Total	
		N	%	N	%	N	%	N	%	N	%
Maternal age	≤ 19	38	4.9	53	5.2	63	6.7	54	4.8	208	5.4
	20-34	627	81.1	839	79.6	846	75	871	80.1	3183	79
	≥ 35	127	14	179	15.2	213	18.3	177	15.1	696	15.6
Race	White	569	71.8	787	72.4	812	74	789	73.1	2957	72.9
	Black	98	13	143	15.4	149	13.3	163	14.3	553	14
	Asian	32	3.6	39	3.2	43	3.6	37	3.3	151	3.5
	Others	79	11.6	88	9	93	9.1	95	9.3	355	9.6
Ethnicity	Non-Hispanic	713	89	968	90.2	997	90.5	986	89.3	3664	89.8
	Hispanic	72	11	98	9.8	105	9.5	106	10.7	381	10.2
Marital status	Others	285	39.5	425	44.4	458	42	455	42.6	1623	42.1
	Married	506	60.5	647	55.6	662	58	646	57.4	2461	57.9
Education	High school and below	257	37.2	358	37.6	394	38.9	386	37.2	1395	37.7
	Some college/assoc. degree	205	26.2	293	27.8	327	28.1	286	25.5	1111	26.9
	Bachelor and higher	324	36.6	412	34.6	398	33	420	37.3	1554	35.4

Table 1: Demographic Characteristics, PRAMS Phase 7 (2012-2015)

Characteristics		2012		2013		2014		2015		Total	
		N	%	N	%	N	%	N	%	N	%
Household income	≤ \$15,000	141	19.8	199	22.6	201	19.5	179	18	720	20
	\$ 15,001-29,000	134	22	169	17.9	212	21.9	186	18.9	701	20.2
	\$ 29,001-52,000	103	15.3	182	18.9	151	16.1	162	17.1	598	16.8
	> \$ 52,000	352	42.9	442	40.6	450	42.5	462	46	1706	43
WIC during pregnancy	No	513	61.5	675	60.1	675	59.6	665	59.3	2528	60.1
	Yes	273	38.5	388	39.9	433	40.4	421	40.7	1515	39.9
Birthweight	≥ 2500 g.	567	92.8	750	92.9	746	92.5	776	92.9	2839	92.8
	< 2500 g.	225	7.2	323	7.1	376	7.5	326	7.1	1250	7.2
Preterm birth	Normal	598	90.7	810	91.3	865	92	856	92.4	3129	91.6
	Preterm	186	9.3	255	8.7	252	8	234	7.6	927	8.4
Previous live birth	No	343	41.6	493	44.2	476	38.9	491	40.5	1803	41.3
	Yes	434	58.4	569	55.8	636	61.1	606	59.5	2245	58.7
Previous low birthweight	No	376	91.4	475	87.3	548	88.7	512	85.5	1911	88.2
	Yes	63	8.6	88	12.7	101	11.3	104	14.5	356	11.8
Previous preterm birth	No	381	91.4	482	87.6	545	87.6	523	85.4	1931	88
	Yes	62	8.6	91	12.4	109	12.5	99	14.6	361	12

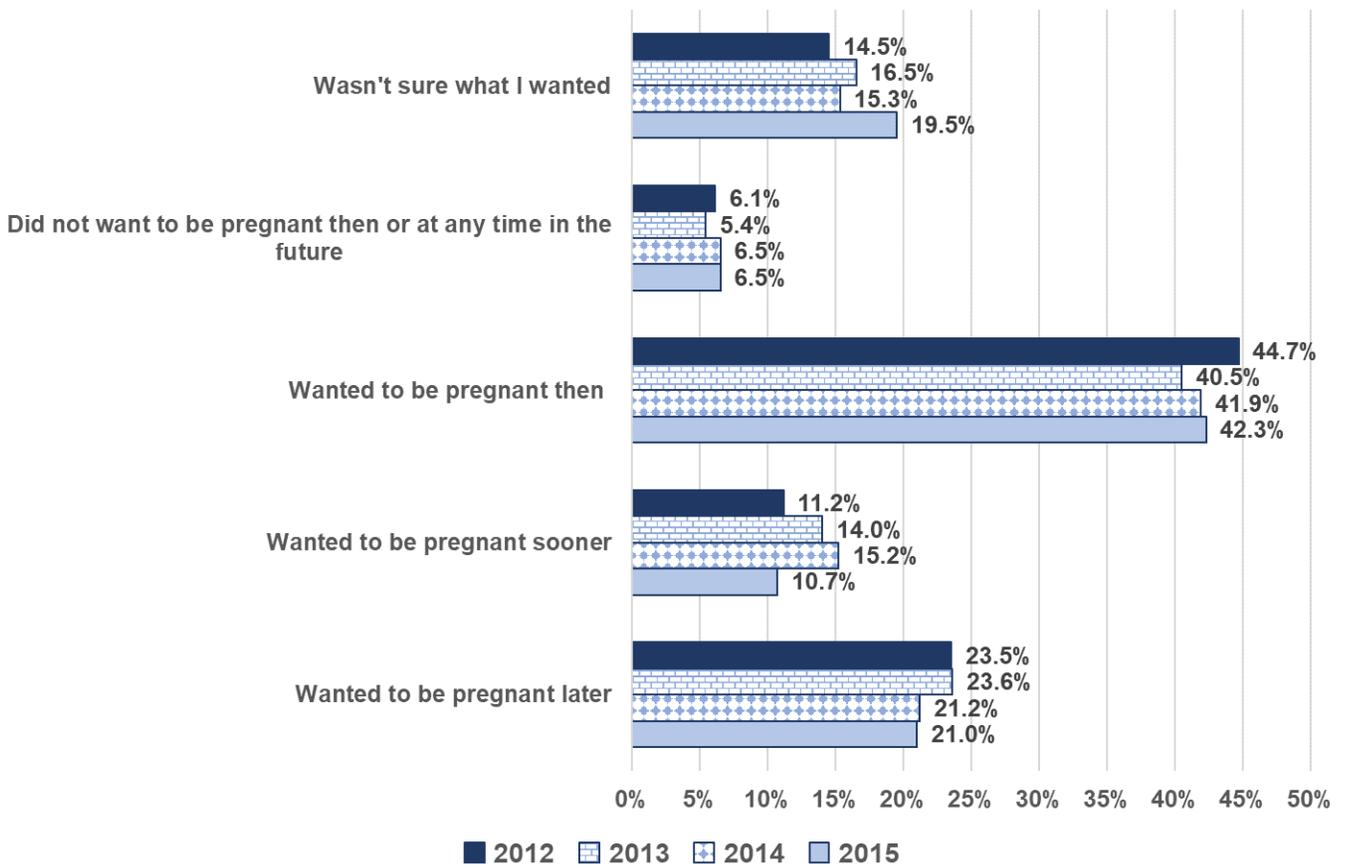
I. Pregnancy Intention and Family Planning

This section presents figures and tables from the PA PRAMS Phase 7 survey questions related to pregnancy intention and family planning.

A. Pregnancy Intention

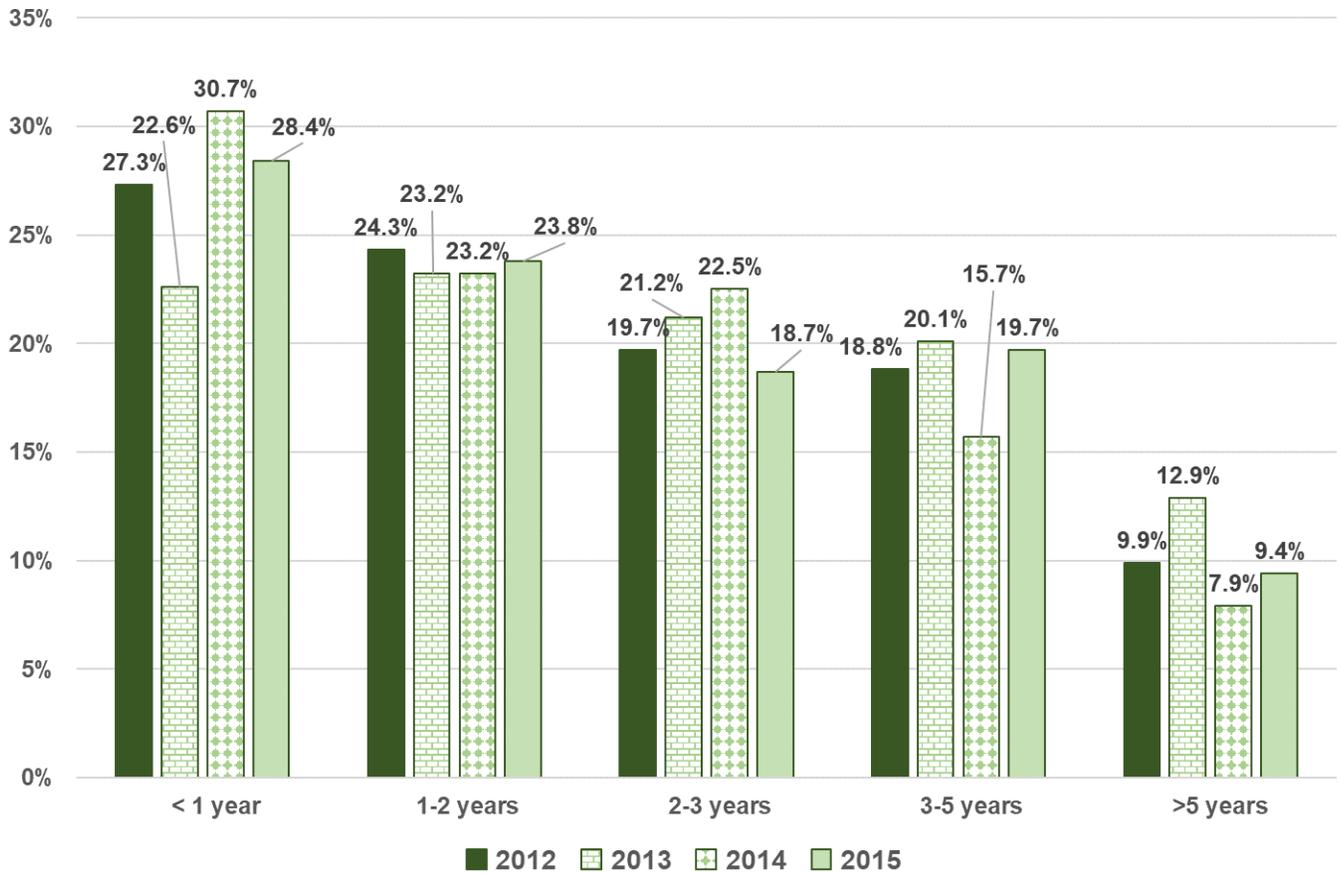
Question 12: Thinking back to just before you got pregnant with your new baby, how did you feel about becoming pregnant? Respondents are instructed to check one answer.

Figure 1. Q12: Percentage of PRAMS Respondents Reporting How They Felt About Becoming Pregnant



Question 13: How much longer did you want to wait to become pregnant?
 Respondents are instructed to check one answer.

Figure 2. Q13: Percentage of PRAMS Respondents Reporting How Much Longer They Wanted to Wait to Become Pregnant



Question 14: When you got pregnant with your new baby, were you trying to get pregnant?^{*†} This is a Yes or No question.

Figure 3. Q14.1: Percentage of PRAMS Respondents Who Were Trying to Get Pregnant

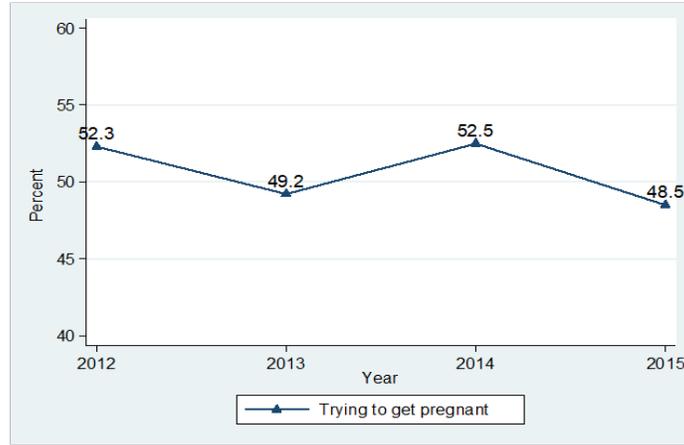
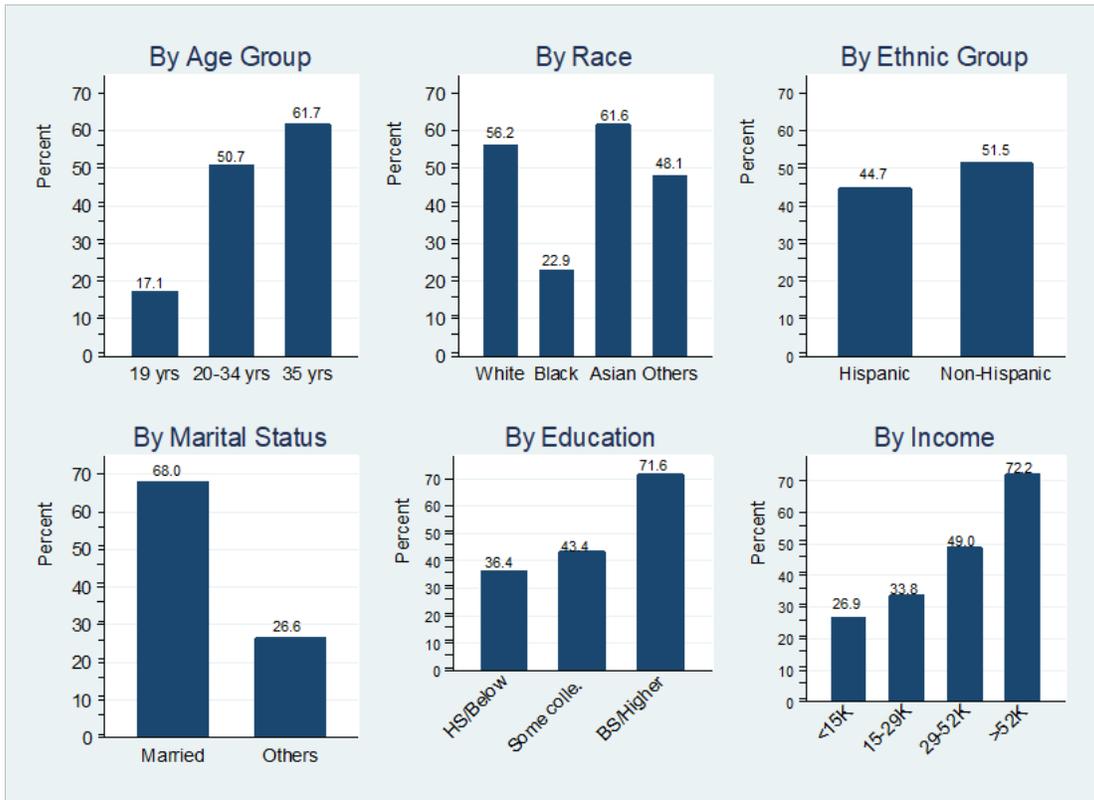


Figure 4. Q14.2: Demographic Characteristics of PRAMS Respondents Who Were Trying to Get Pregnant



* A Centers for Disease Control and Prevention (CDC) PRAMS indicator

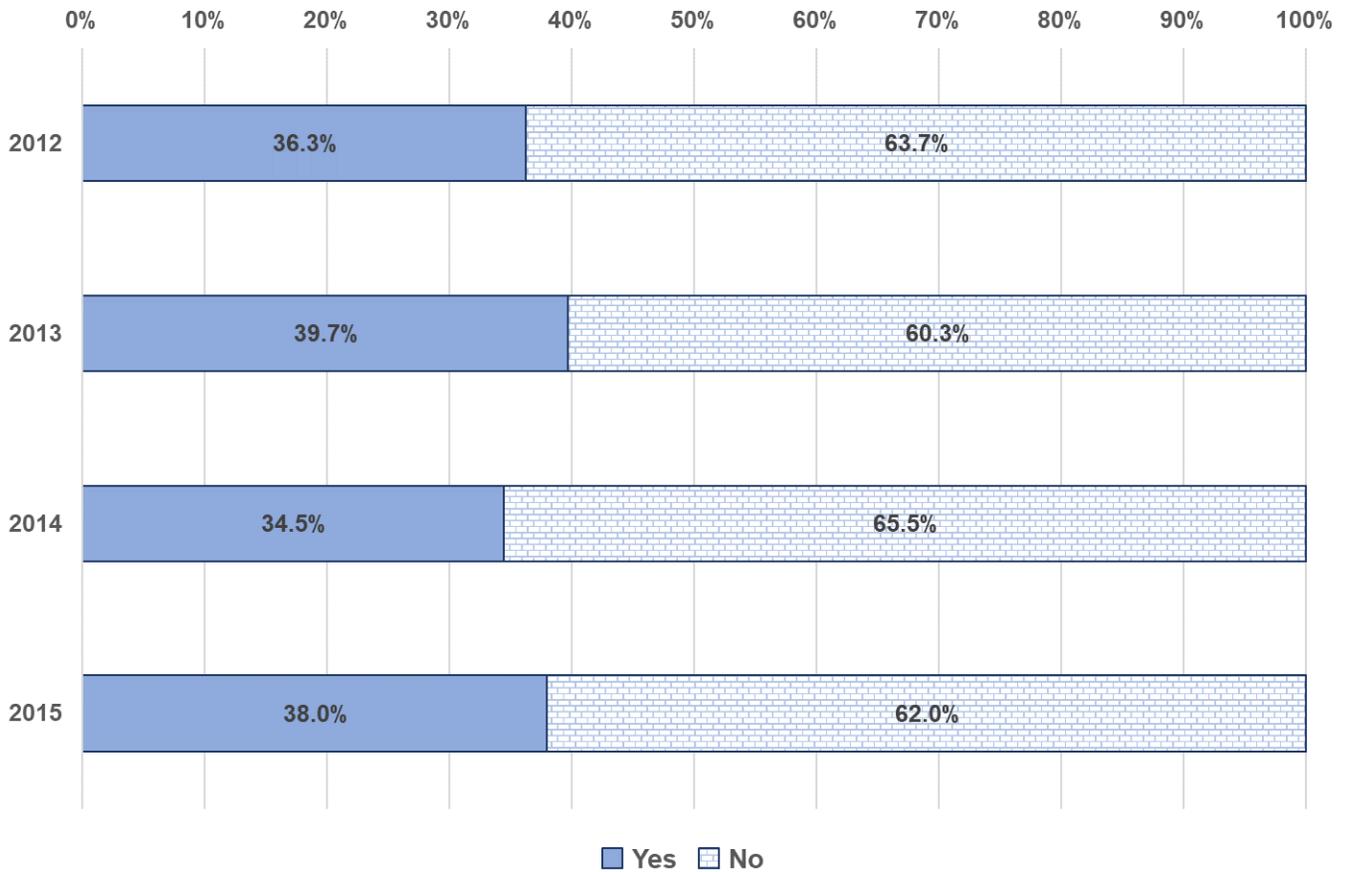
† Related to Healthy People 2020 indicator, FP1

B. Contraception

1. Before Pregnancy

Question 15: When you got pregnant with your new baby, were you or your husband/partner doing anything to keep from getting pregnant?[†] This is a Yes or No question.

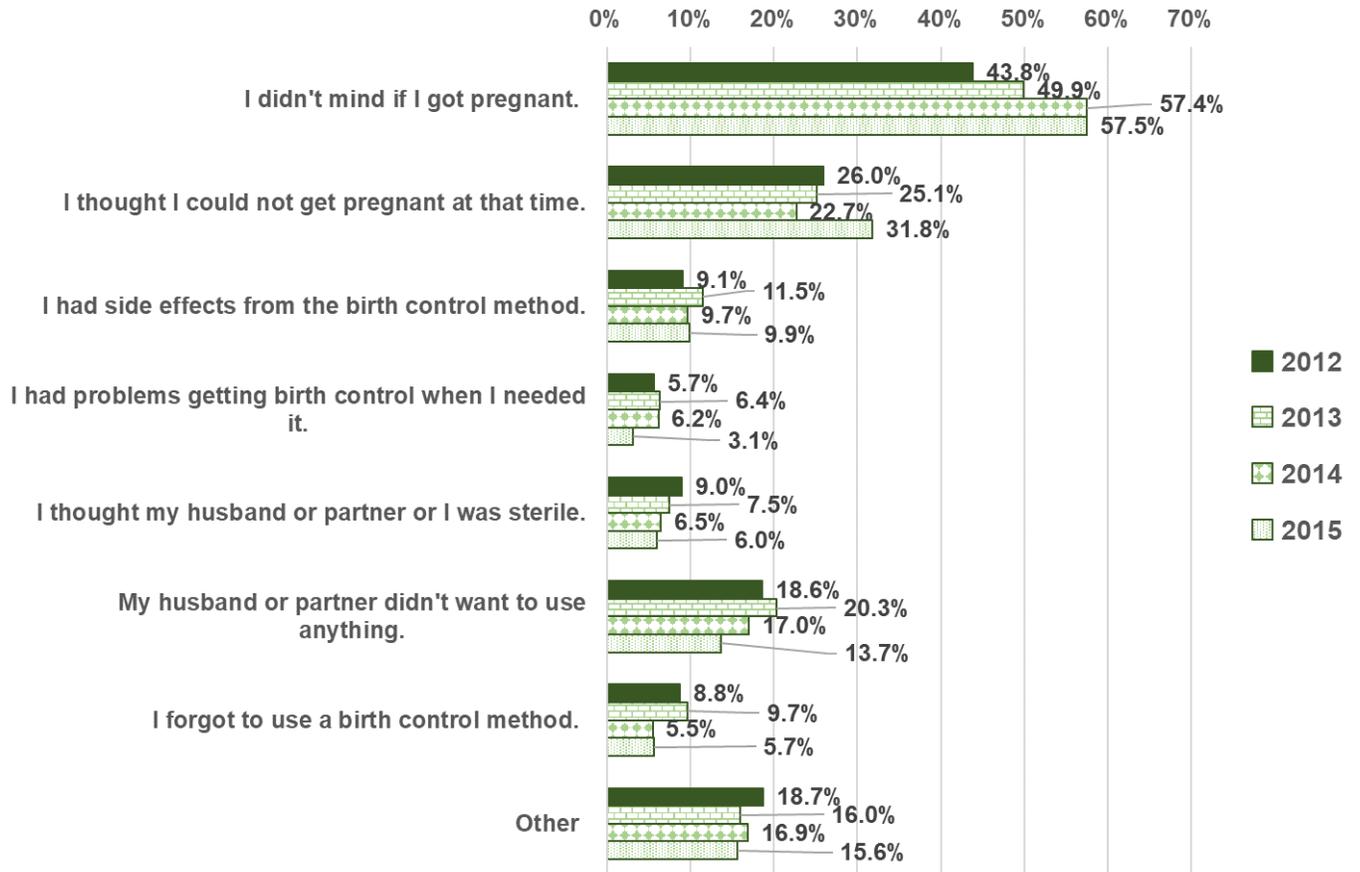
Figure 5. Q15: Percentage of PRAMS Respondents Reporting if They or Their Husband/Partner Were Doing Anything to Keep from Getting Pregnant



[†] Related to Healthy People 2020 indicator, FP16

Question 16: What were your reasons or your husband/partner's reasons for not doing anything to keep from getting pregnant? Respondents are instructed to check all answers that apply.

Figure 6. Q16: PRAMS Respondents or Husband/Partner's Reasons for Not Doing Anything to Keep from Getting Pregnant

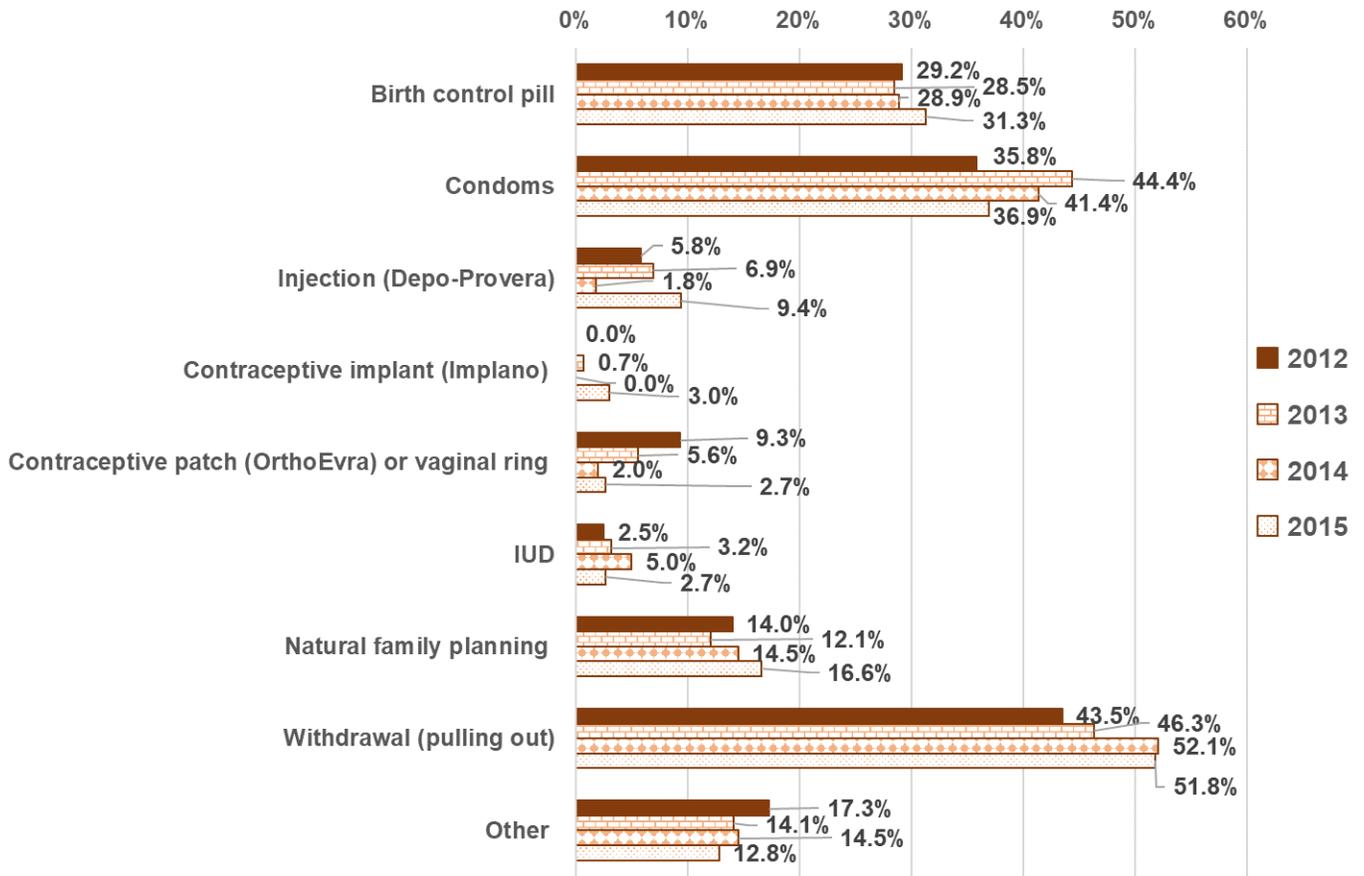


PRAMS respondents who select “other” have the option to give their own answer. Some of the answers received were: “I was on birth control.” “I didn’t think it would happen—I wasn’t thinking.” “My parents didn’t want me on birth control.”

** Question not available in the PA PRAMS Phase 8 survey.

Question 17: What method of birth control were you using when you got pregnant?^{**}
 Respondents are instructed to check all answers that apply.

Figure 7. Q17: Birth Control Methods Being Used by PRAMS Respondents When They Got Pregnant



PRAMS respondents who select “other” have the option to give their own answer. Some of the answers received were: “I said it might be a good weekend for a baby.” “Side effects: hair was falling off.” “I was going to get the IUD but Medical Assistance makes you go back 3 different times, and when I went back, they said I was pregnant.”

^{**} Question not available in the PA PRAMS Phase 8 survey.

2. After Pregnancy

Question 59: Since your new baby was born, did a doctor, nurse, or other health care worker talk with you about any of the things listed below?^{† ‡}

- b. How long to wait before getting pregnant again.^{**} Respondents are to answer Yes or No.

Figure 8. Q59b.1: Percentage of PRAMS Respondents Reporting a Health Care Worker Talked With Them Since Their New Baby Was Born About How Long to Wait Before Getting Pregnant Again

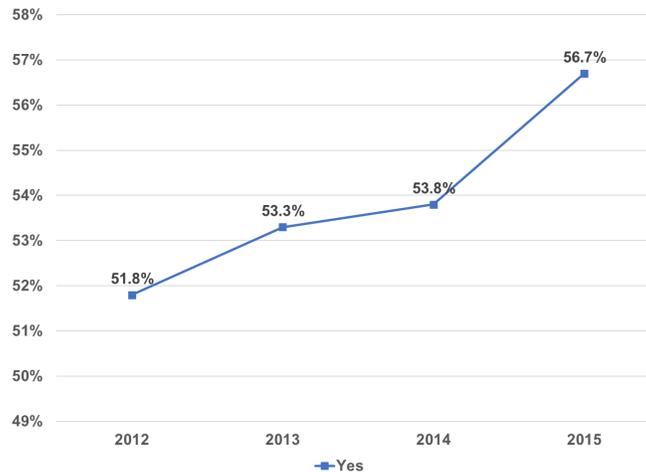
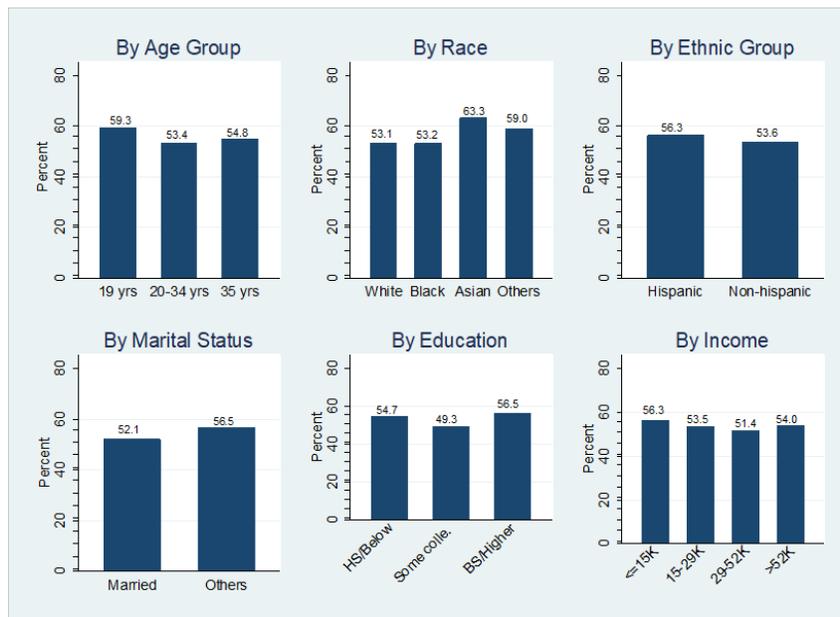


Figure 9. Q59b.2: Demographic Characteristics of PRAMS Respondents Reporting a Health Care Worker Talked With Them Since Their New Baby Was Born About How Long to Wait Before Getting Pregnant Again



[†] Related to PA Title V Maternal and Child Health Services Block Grant (MCHSBG), 2015-2020 State Action Plan

[‡] The complete Question 59 can be found in Appendix A.

^{**} Similar information available in Question 77c of the PA PRAMS Phase 8 survey which is specific to actions during the postpartum checkup.

Question 59: Since your new baby was born, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? ‡

c. Birth control methods that I can use after giving birth.** Respondents are to answer Yes or No.

Figure 10. Q59c.1: Percentage of PRAMS Respondents Reporting a Health Care Worker Talked to Them Since Their New Baby Was Born About Birth Control Methods

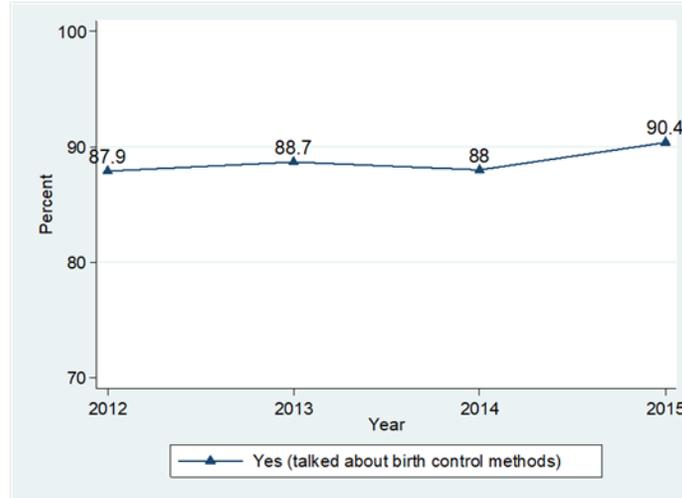
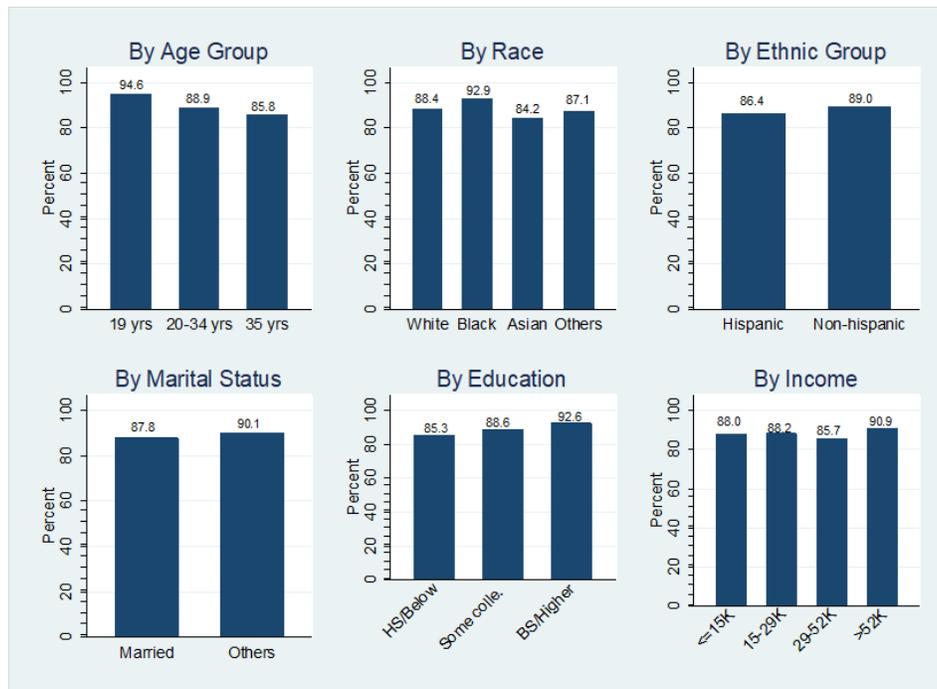


Figure 11. Q59c.2: Demographic Characteristics of PRAMS Respondents Reporting a Health Care Worker Talked to Them Since Their New Baby Was Born About Birth Control Methods

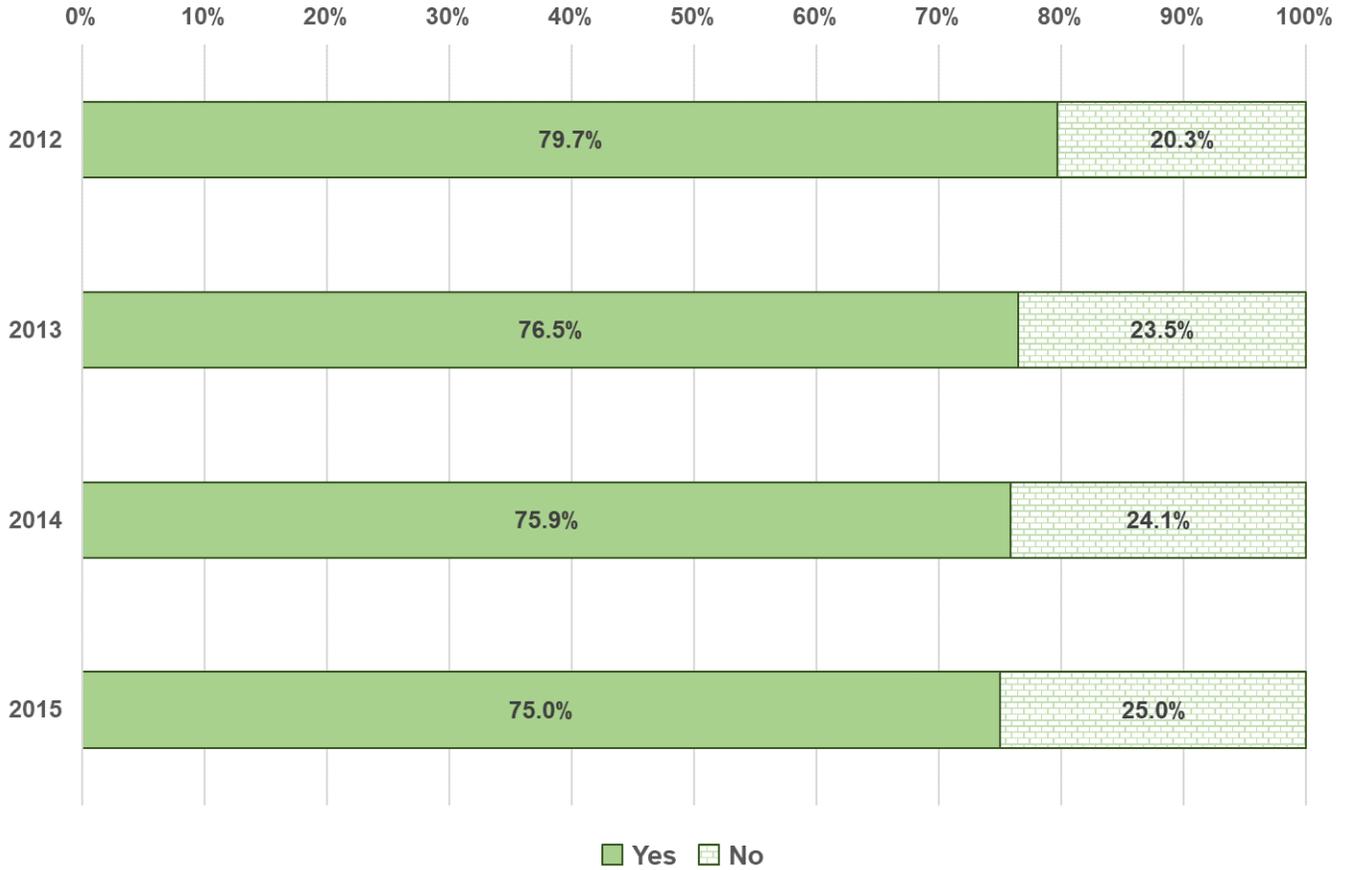


‡ The complete Question 59 can be found in Appendix A.

**Similar information available in Question 77d of the PA PRAMS Phase 8 survey which is specific to actions during the postpartum checkup.

Question 65: Are you or your husband or partner doing anything now to keep from getting pregnant?^{*†} This is a Yes or No question.

Figure 12. Q65: Percentage of PRAMS Respondents Reporting They or Their Husband/Partner Are Doing Anything Now to Keep from Getting Pregnant

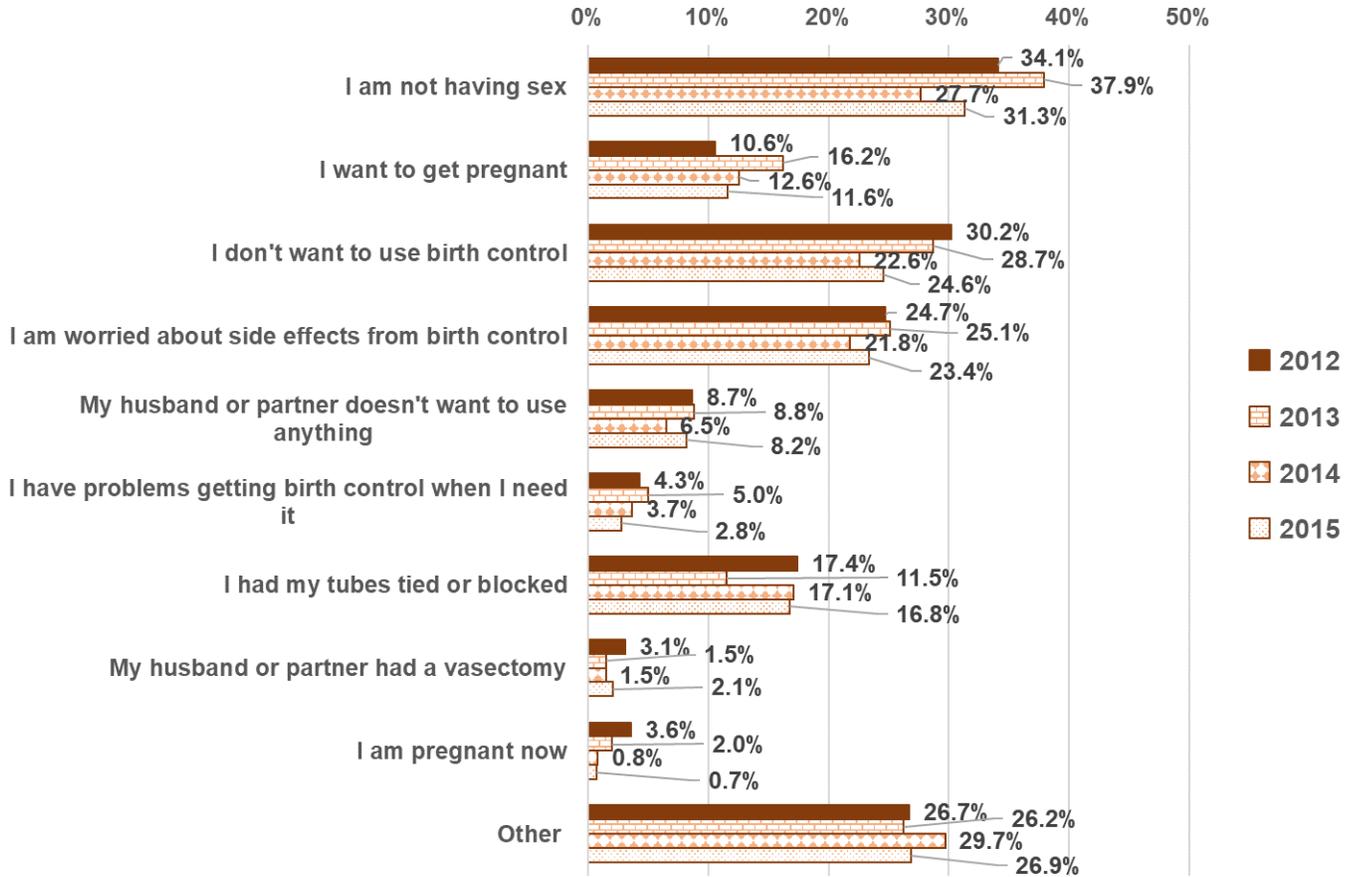


^{*} A Centers for Disease Control and Prevention (CDC) PRAMS indicator

[†] Related to Healthy People 2020 indicator, FP16.

Question 66: What are your reasons or your husband's or partner's reasons for not doing anything to keep from getting pregnant now? Respondents are instructed to check all answers that apply.

Figure 13. Q66: PRAMS Respondents' Reasons for Not Doing Anything to Keep From Getting Pregnant Now

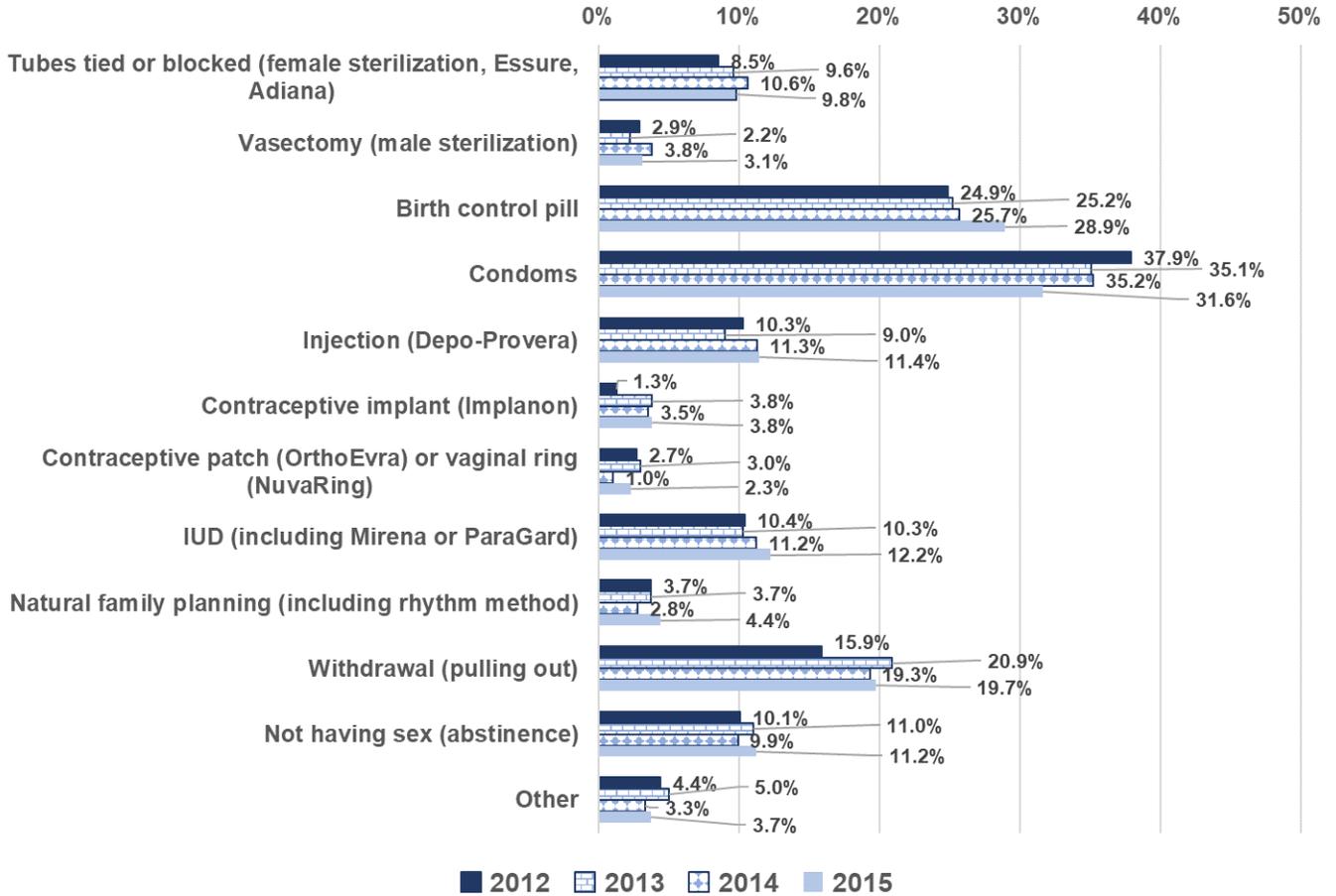


PRAMS respondents who select “other” have the option to give their own answer. Some of the answers received were: “I am not having sex with males, Other: lesbian sex only.” “Getting ready to get my tubes tied.” “Waited 11 years to get my twins, if I were to get pregnant on my own, it would be a blessing.”

** In the Phase 8 survey Question 74, the vasectomy option is not available, and the problems option is phrased as “I have problems paying for birth control.”

Question 67: What kind of birth control are you or your husband or partner using now to keep from getting pregnant? Respondents are instructed to check all answers that apply.

Figure 14. Q67: Birth Control Methods Being Used by PRAMS Respondents Now



PRAMS respondents who select “other” have the option to give their own answer. Some of the answers received were: “mini-pill.” “I tried telling him to use a condom and I got yelled at so i got birth control.” “Depo was making me bleed I just got off.”

II. Health Care Services

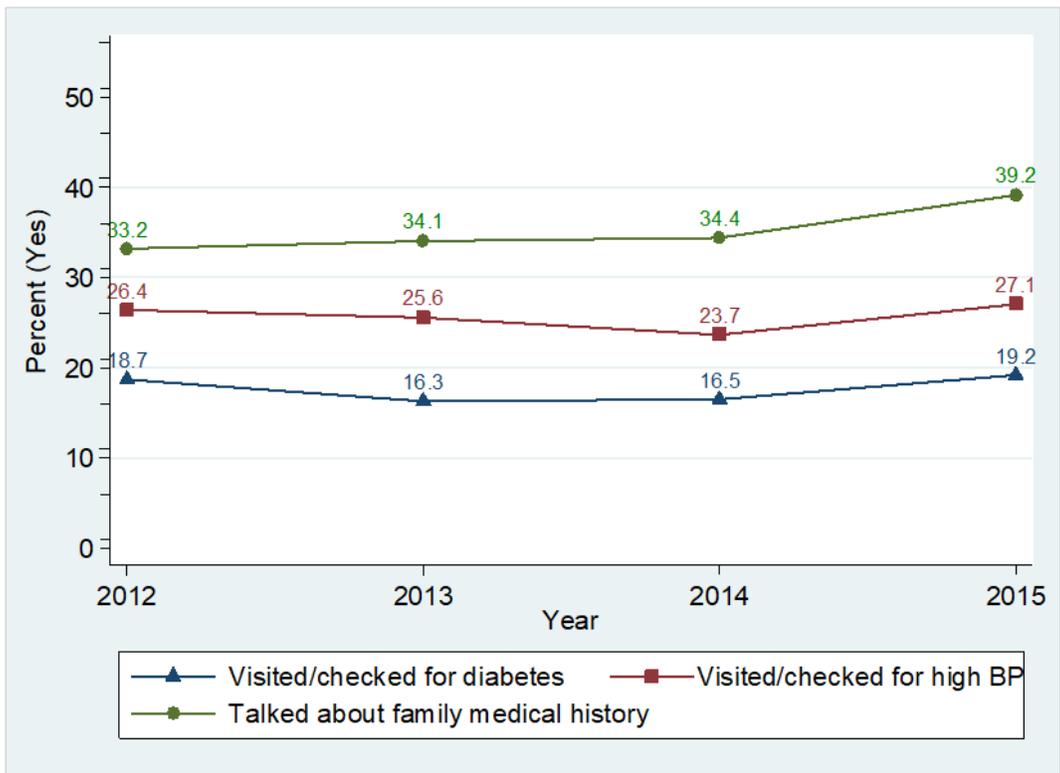
This section presents figures and tables from the PA PRAMS Phase 7 survey questions related to health care services or experiences a respondent may have received or accessed before, during, or after pregnancy.

A. Preconception Care

Question 7: At any time during the 12 months before you got pregnant with your new baby, did you do any of the following things?^{§‡} Respondents are to answer Yes or No.

- d. I visited a health care worker and was checked for diabetes.
- e. I visited a health care worker and was checked for high blood pressure.^{**}
- g. I talked to a health care worker about my family medical history.

Figure 15. Q7d, e, and g: Things PRAMS Respondents Did During the 12 Months Before Pregnancy



[§] Related to PA Title V MCHSBG, 2015-2020 State Action Plan.

[‡] The complete Question 7 can be found in Appendix A.

^{**} Option not available in the PA PRAMS Phase 8 survey.

Question 10: Before you got pregnant with your new baby, did a doctor, nurse or other health care worker talk to you about how to improve your health before pregnancy?^{**}
 This is a Yes or No question.

Figure 16. Q10.1: PRAMS Respondents Reporting A Healthcare Worker Talked to Them About How to Improve Health Before Pregnancy

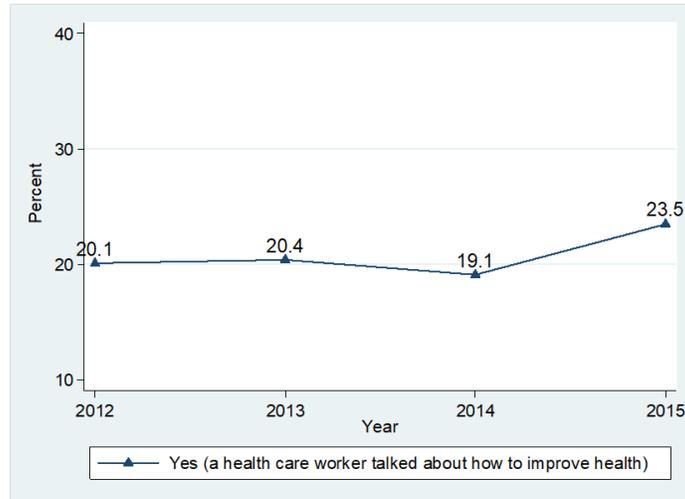
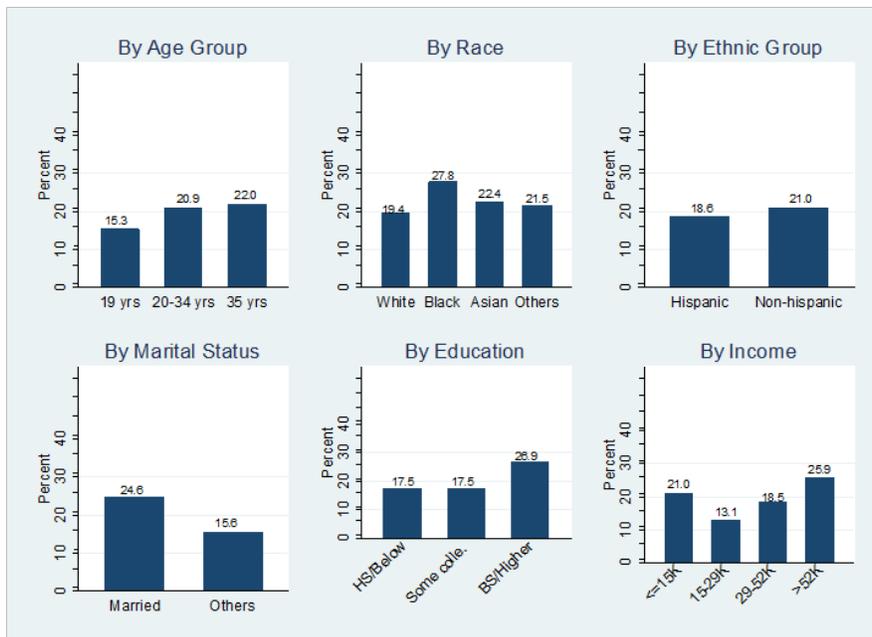


Figure 17. Q10.2: Demographic Characteristics of PRAMS Respondents Reporting A Health Care Worker Talked to Them About How to Improve Health Before Pregnancy



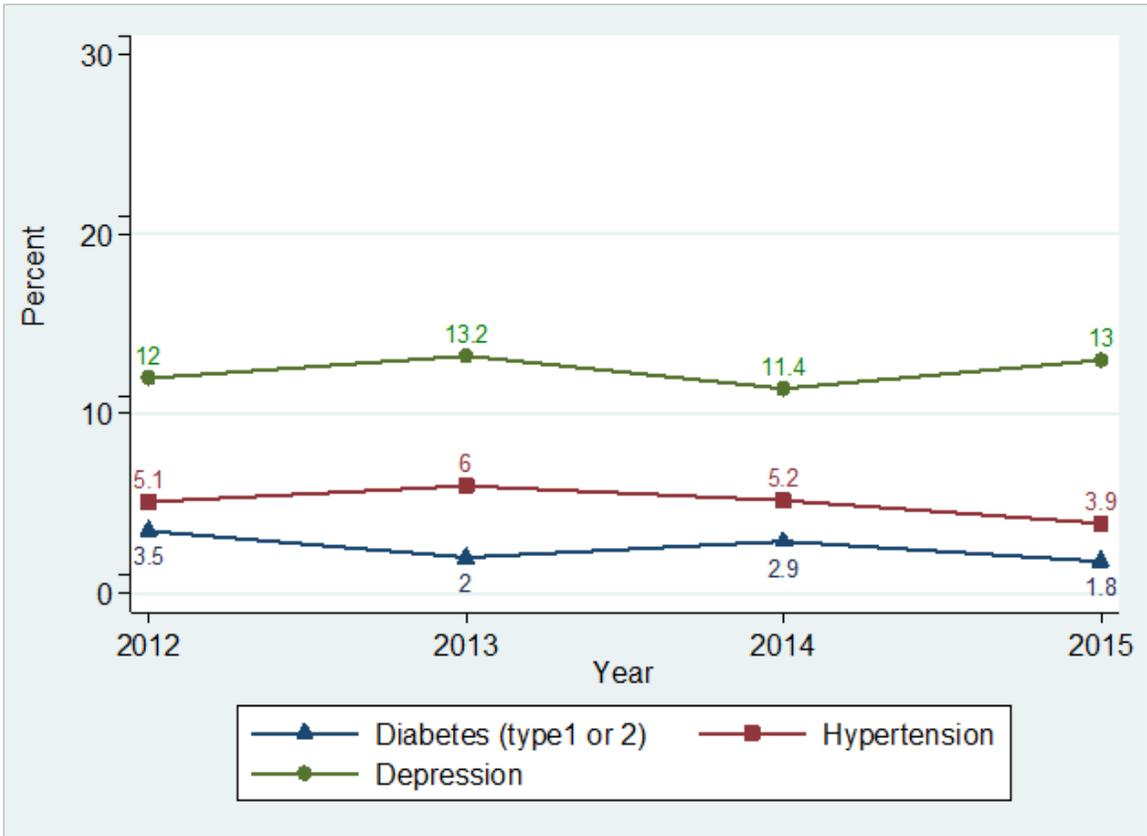
* A CDC PRAMS indicator

** Similar information available in Question 13 of the Phase 8 survey.

Question 11: Before you got pregnant with your new baby, did a doctor, nurse or other health care worker tell you that you had:[†] Respondents are to answer Yes or No.

- a. Type 1 or Type 2 diabetes
- b. High blood pressure or hypertension
- c. Depression

Figure 18. Q11: Percentage of PRAMS Respondents Told By A Health Care Worker They Had The Following Conditions Before Pregnancy

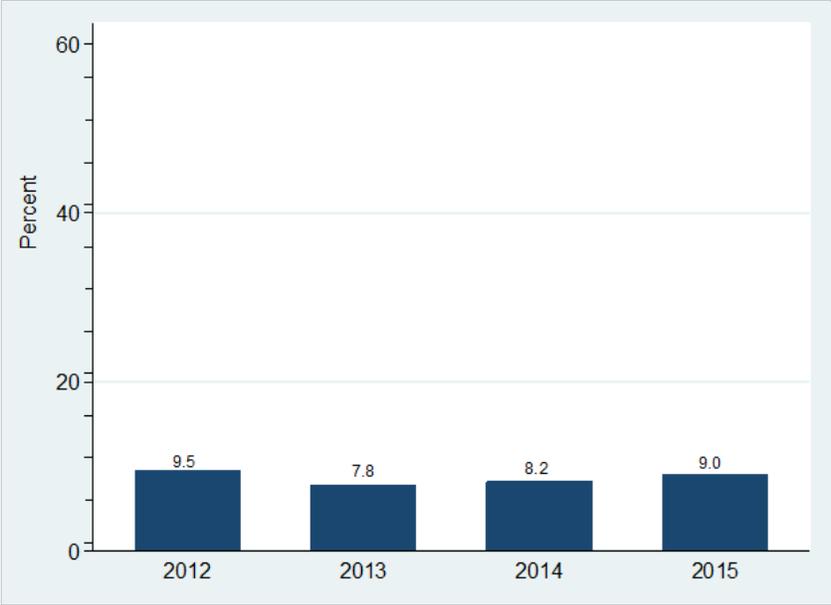


[†] Related to Healthy People 2020 indicator, MICH 16.

^{**} In the PA PRAMS Phase 8 survey, Question 9 asks if the respondent had any of 10 listed conditions in the 3 months before pregnancy.

Question 34: During your most recent pregnancy, were you told by a doctor, nurse, or other health care worker that you had gestational diabetes (diabetes that started during this pregnancy)?** This is a Yes or No question.

Figure 19. Q34: Percentage of PRAMS Respondents Told by A Healthcare Worker They Had Gestational Diabetes



B. Prenatal Care

Question 18: How many weeks or months pregnant were you when you had your first visit for prenatal care?* Respondents are to provide the number of weeks or months or indicate they didn't go for prenatal care.

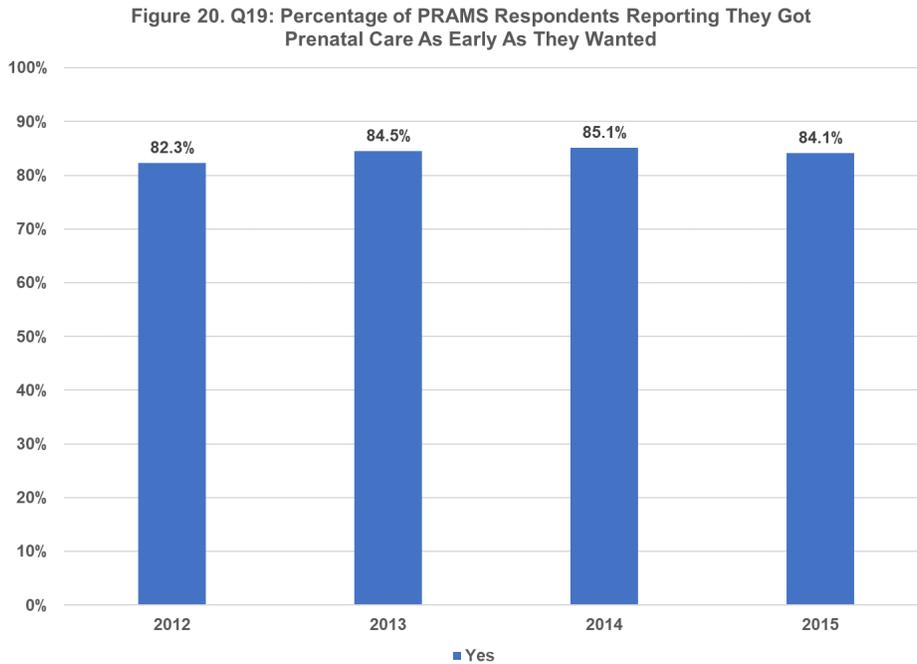
Table 2. Prenatal care, Pennsylvania PRAMS 2012-2015^{††}

Year	Early Prenatal Care	Early and adequate prenatal care	No prenatal care
2012	83.3%	72.6%	1.4%
2013	83.2%	69.1%	1.8%
2014	85.1%	70.6%	0.7%
2015	86.7%	74.8%	0.3%

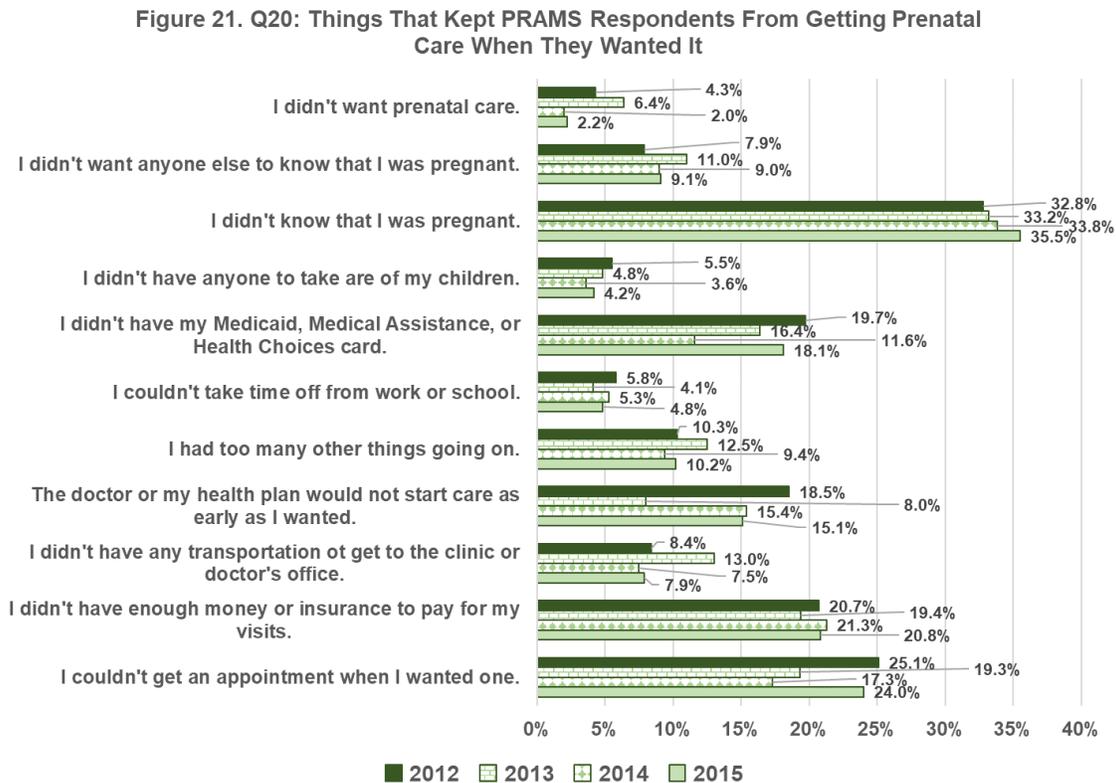
Early and adequate prenatal care is defined by having a Kotelchuck⁷ index category of adequate or adequate plus. The mean time for the first prenatal care appointment is 8.5 weeks. The median time for the first prenatal care appointment is 8 weeks.

** Similar information available in Question 37 on the PA PRAMS Phase 8 survey.
 * A CDC PRAMS indicator
 †† Table 1 information is derived from birth certificate data available in the PRAMS dataset.

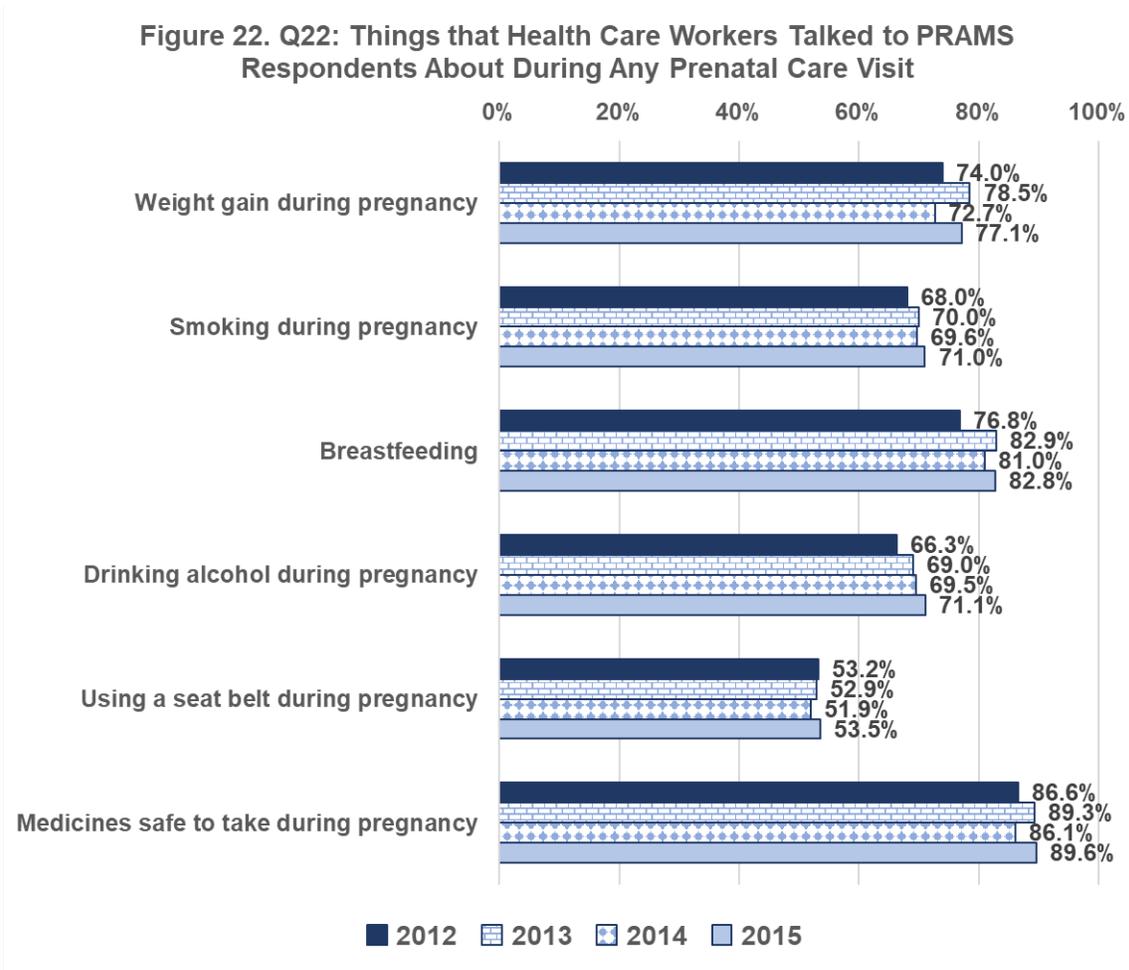
Question 19: Did you get prenatal care as early in your pregnancy as you wanted?
This is a Yes or No question.



Question 20: Did any of these things keep you from getting prenatal care when you wanted it? Respondents are to answer Yes or No to each option.

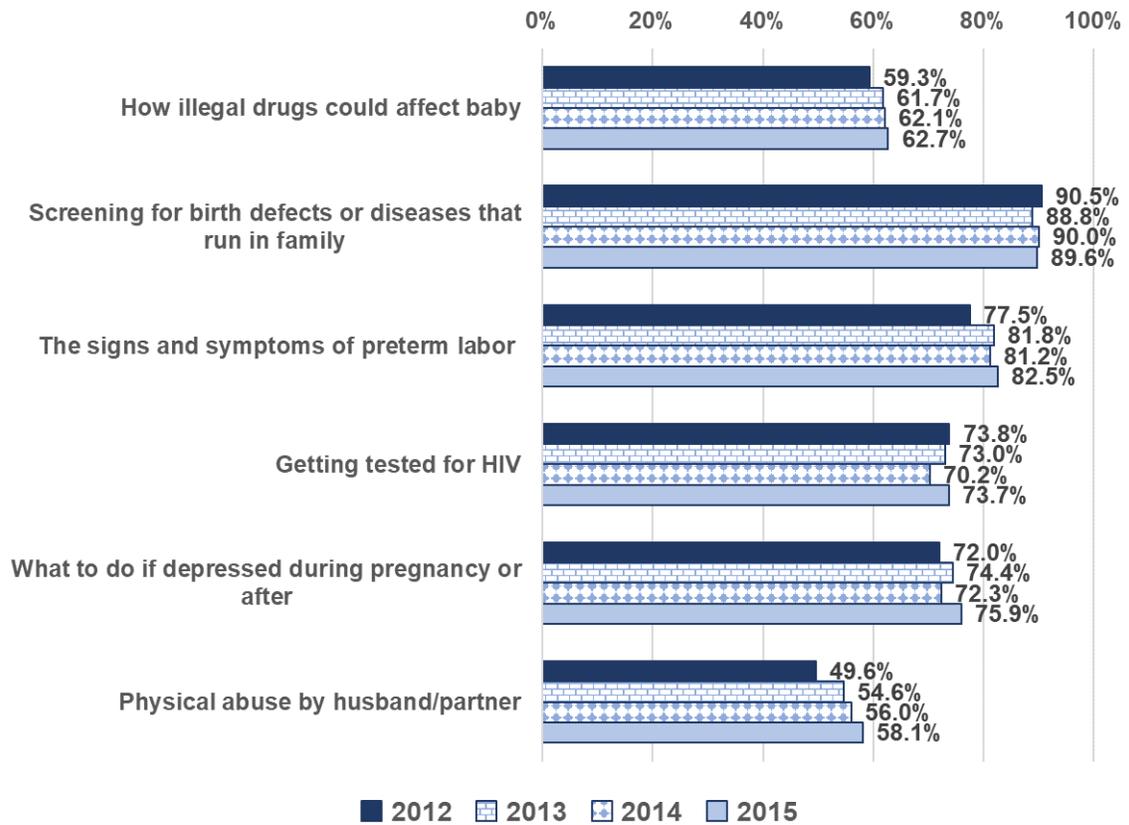


Question 22: During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? ** Respondents are to answer Yes or No to each option.



** In the PA PRAMS Phase 8 survey, respondents are asked in Question 25h if they want to be tested for HIV.

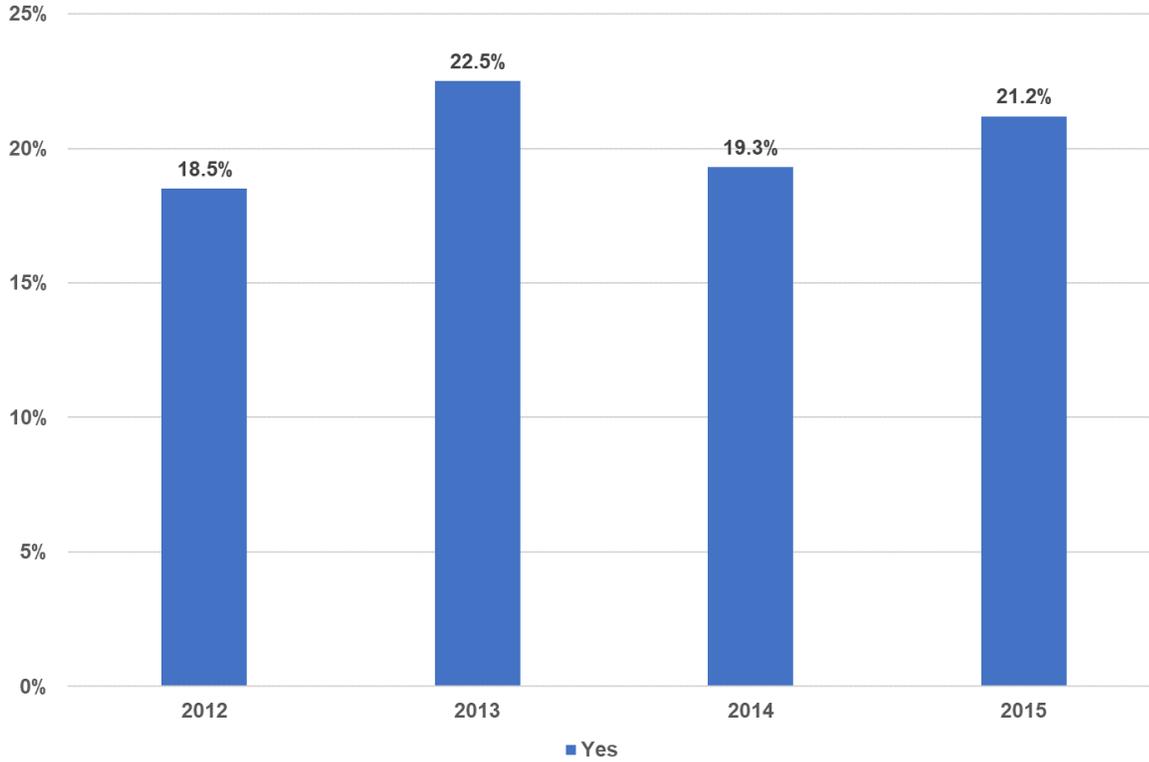
Figure 23. Q22: Things that Health Care Workers Talked to PRAMS Respondents About During Any Prenatal Care Visit



C. Childbirth Class

Question 28: During your most recent pregnancy, did you take a class or classes to prepare for childbirth and learn what to expect during labor and delivery?* This is a Yes or No question.

Figure 24. Q28: Percentage of PRAMS Respondents Who Took A Class(es) to Prepare for Childbirth During Their Most Recent Pregnancy



* A CDC PRAMS indicator

D. Home Visitor

Question 29: During your most recent pregnancy, did a home visitor come to your home to help you prepare for your new baby? *§ This is a Yes or No question.

Figure 25. Q29.1: Percentage of PRAMS Respondents Reporting A Home Visitor Came to Help Them Prepare for Their New Baby

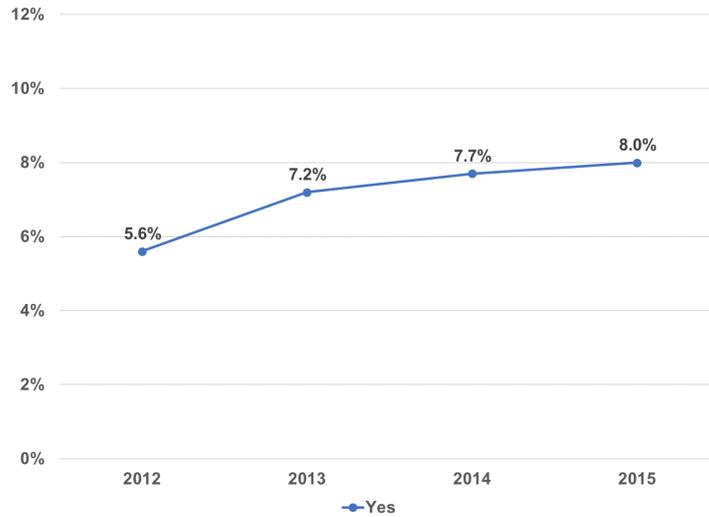
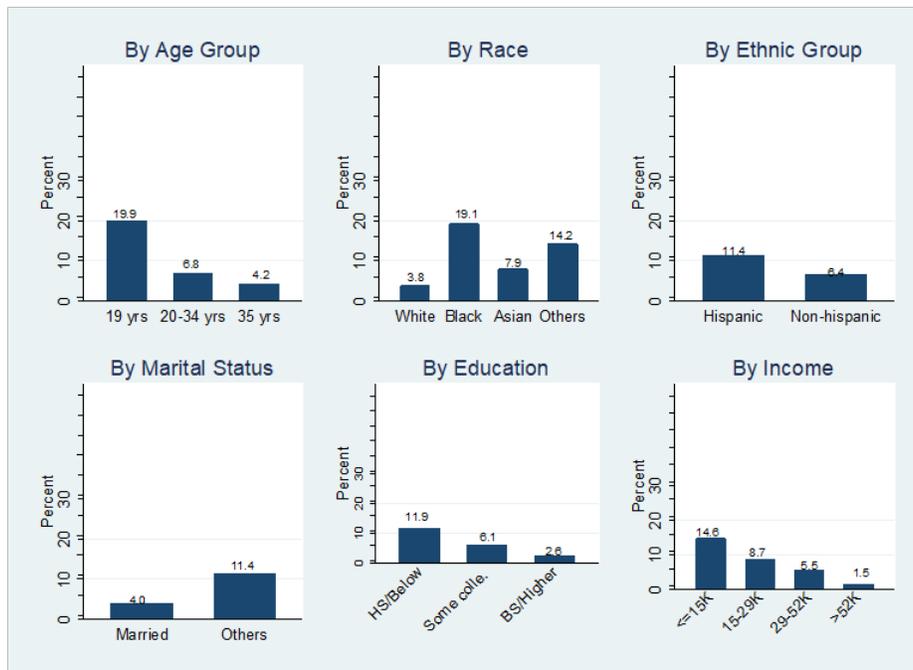


Figure 26. Q29.2: Demographic Characteristics of PRAMS Respondents Reporting A Home Visitor Came to Help Them Prepare for Their New Baby

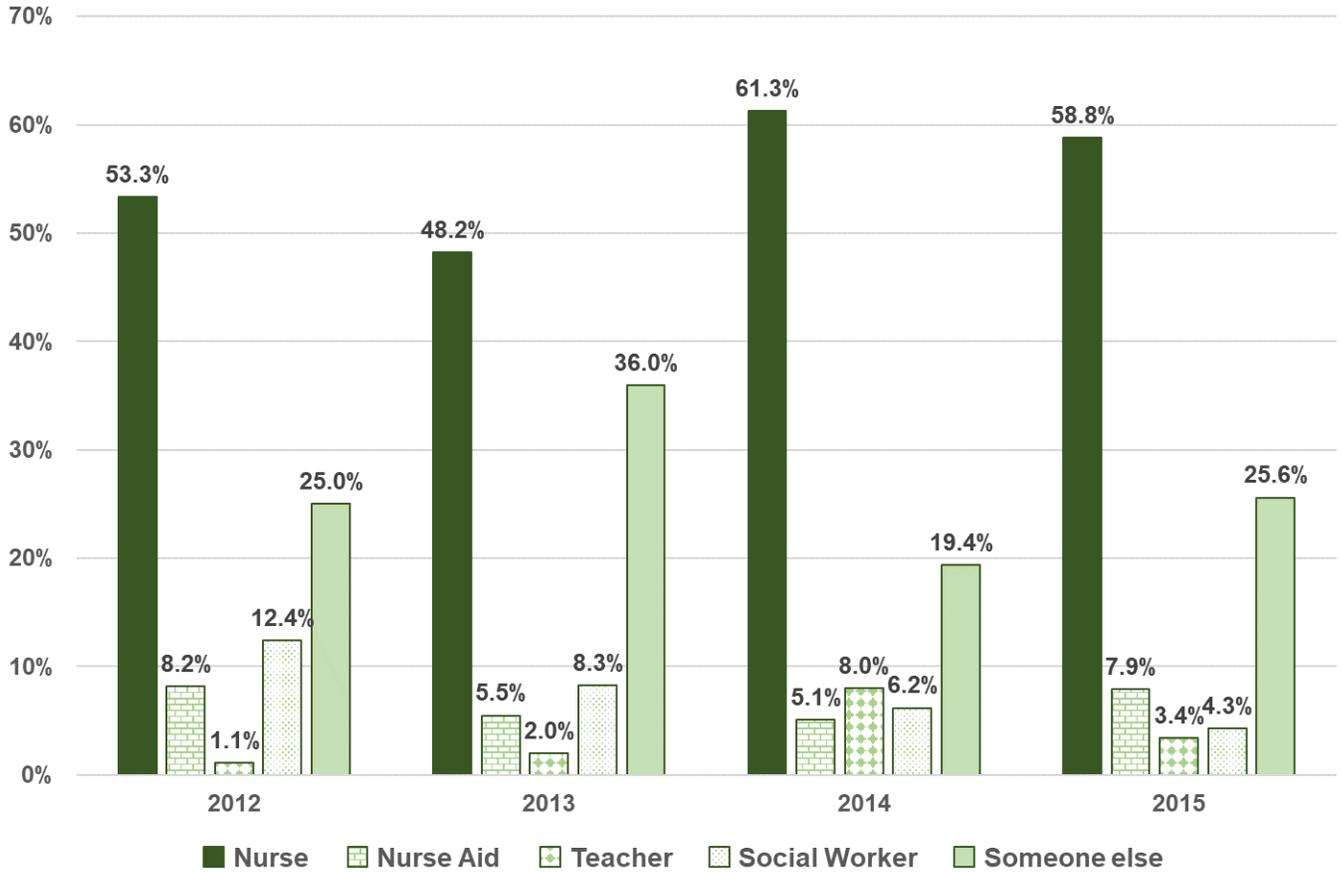


* A CDC PRAMS indicator

§ Related to PA Title V MCHSBG, 2015-2020 State Action Plan.

Question 30: What kind of home visitor came to your home during your most recent pregnancy?*

Figure 27. Q30: Types of Home Visitors That Came to PRAMS Respondents Homes During Their Most Recent Pregnancy

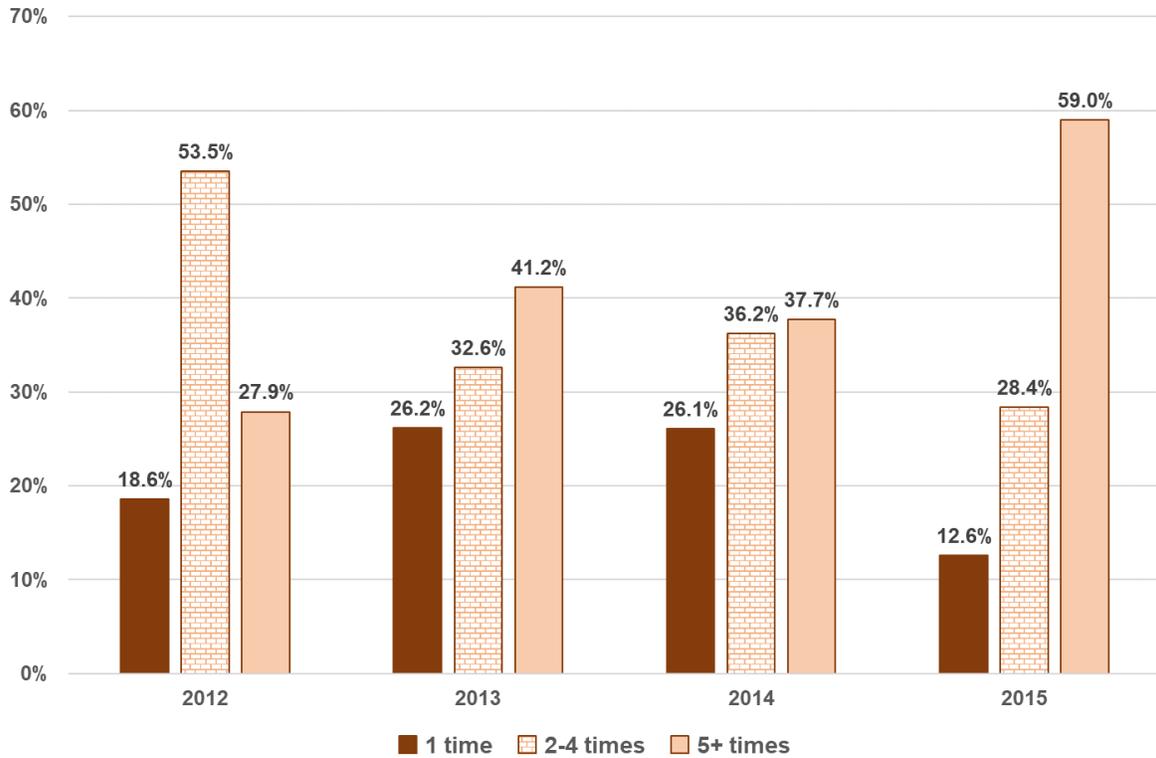


PRAMS respondents who select “someone else” have the option to give their own answer. Some of the answers received were: “2 of them-a midwife and a nurse.” “Nurse and social worker.” “She was from the health bureau.”

* Similar information available in Question 33 of the PA PRAMS Phase 8 survey with the following options: nurse or nurse’s aide; teacher or health educator; doula or midwife; and someone else.

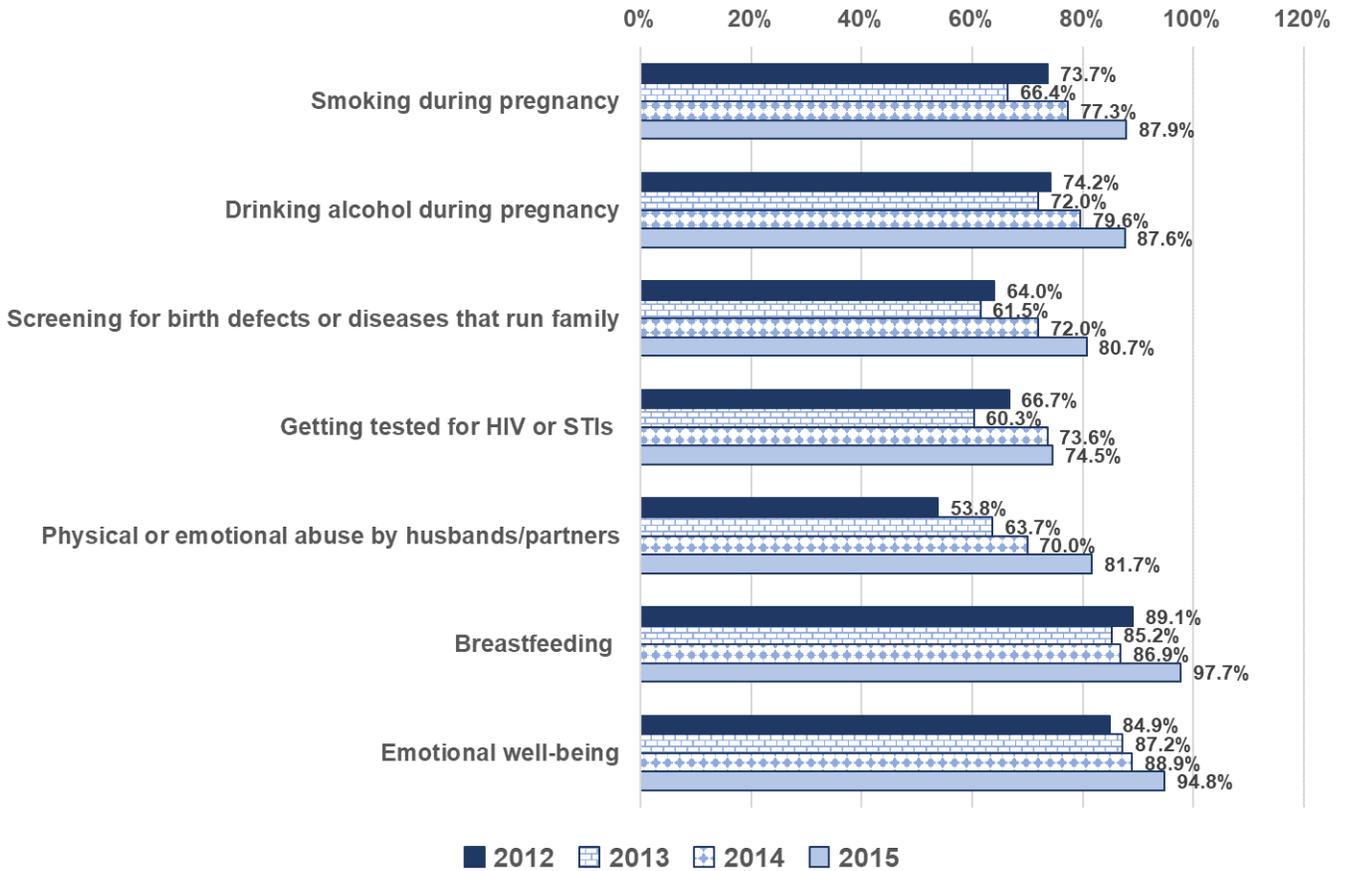
Question 31: During your most recent pregnancy, how many times did the home visitor come to your home to help you learn how to prepare for your new baby?

Figure 28. Q31: Number of Times Home Visitors Came to the Home of PRAMS Respondents to Help Prepare for Their New Baby



Question 32: During your most recent pregnancy, did the home visitor who came to your home talk with you about any of the things listed below? Respondents are to answer Yes or No for each option.

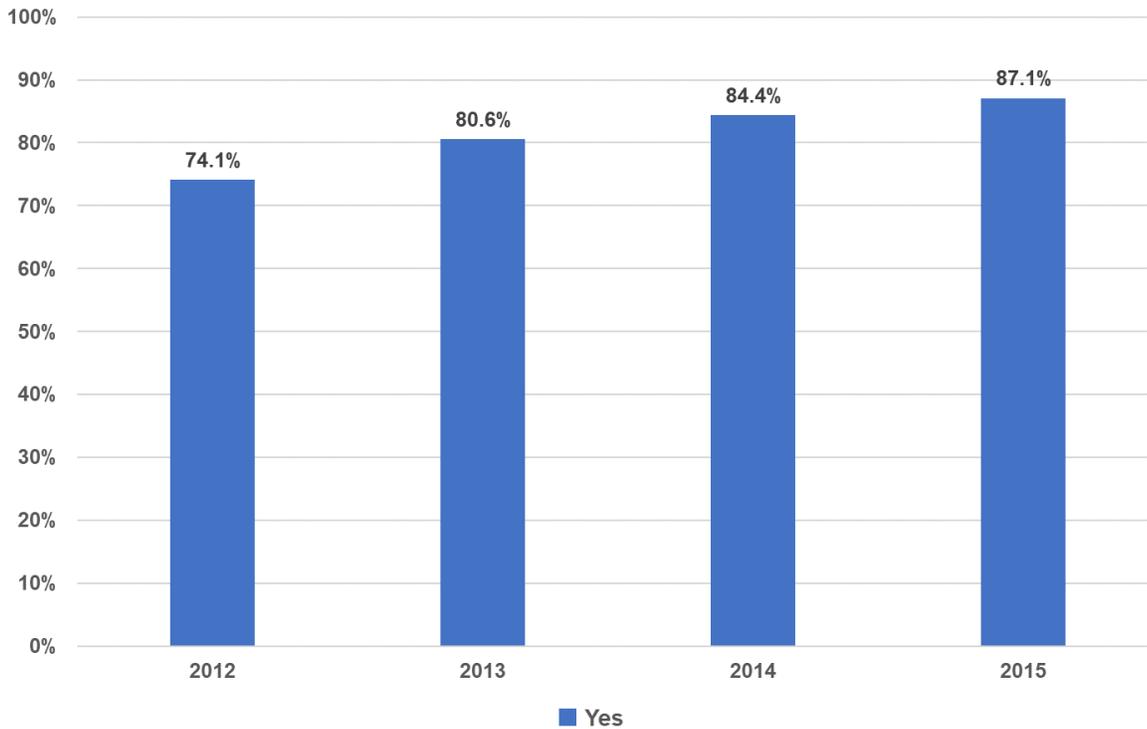
Figure 29. Q32: Things Home Visitors Talked to PRAMS Respondents About During Their Pregnancy



E. Flu Shot

Question 24: During the 12 months before the delivery of your new baby, did a doctor, nurse, or other health care worker offer you a flu shot or tell you to get one? This is a Yes or No question.

Figure 30. Q24: Percentage of PRAMS Respondents Reporting A Health Care Worker Offered/Told Them to Get a Flu Shot During The 12 Months Before the Delivery



Question 25: During the 12 months before the delivery of your new baby, did you get a flu shot?* Respondents are to check one answer from the options “No,” “Yes-before my pregnancy,” or “Yes-during my pregnancy.” In the chart below, both “yes” options are combined.

Figure 31. Q25.1: Percentage of PRAMS Respondents Who Had a Flu Shot in the 12 Months Before Delivery

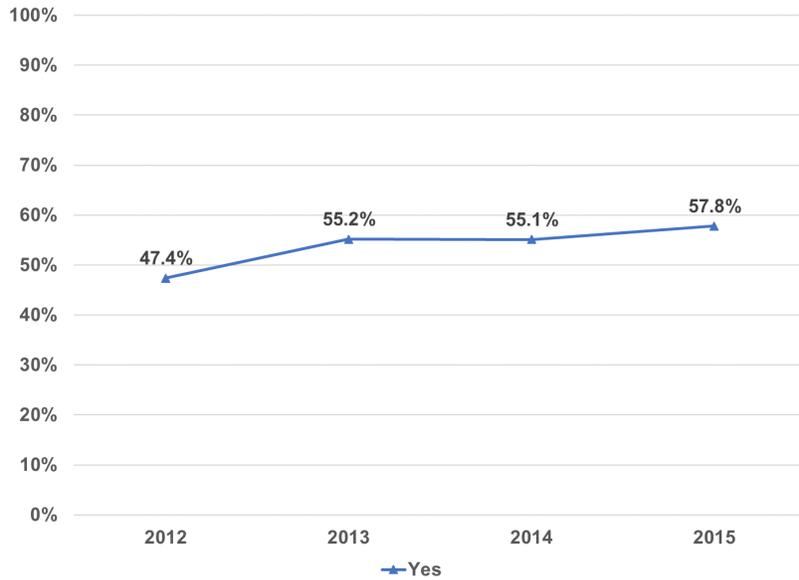
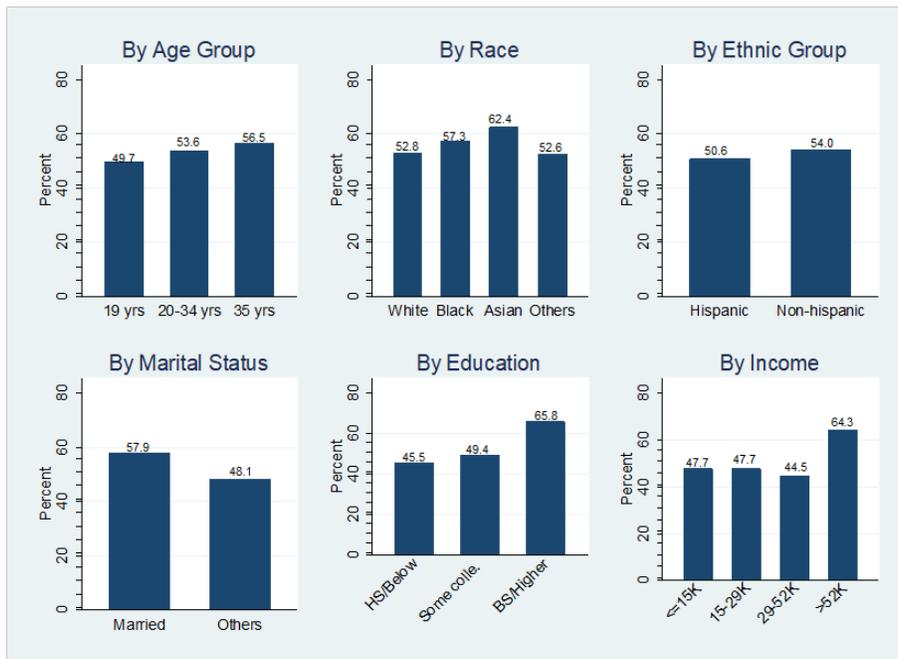


Figure 32. Q25.2: Demographic Characteristics of PRAMS Respondents Who Had a Flu Shot in the 12 Months Before Delivery

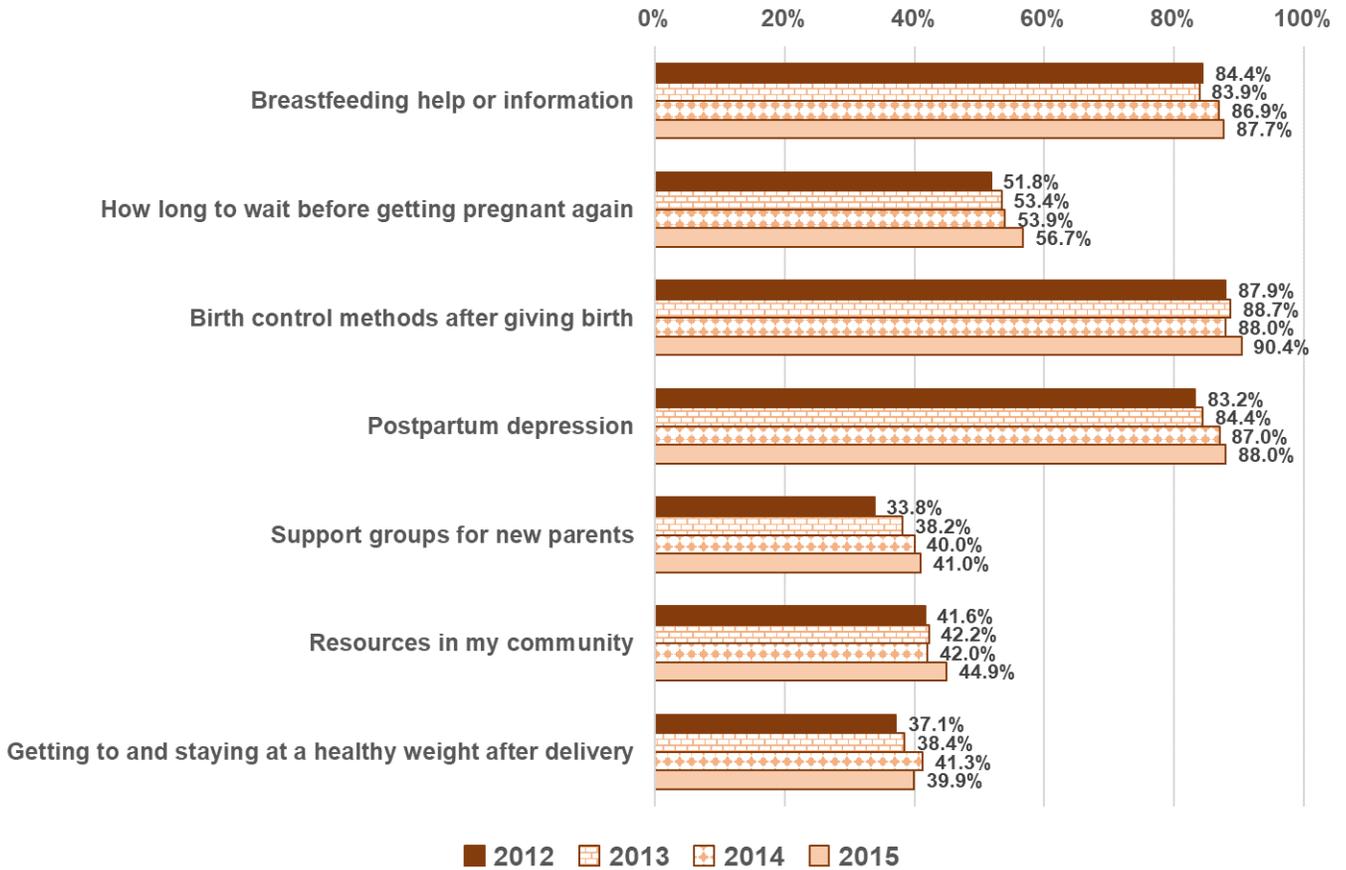


* A CDC PRAMS indicator

F. Post-partum Check-up

Question 59: Since your new baby was born, did a doctor, nurse, or other health care worker talk with you about any of the things listed below?^{**} Respondents are to answer Yes or No to each option.

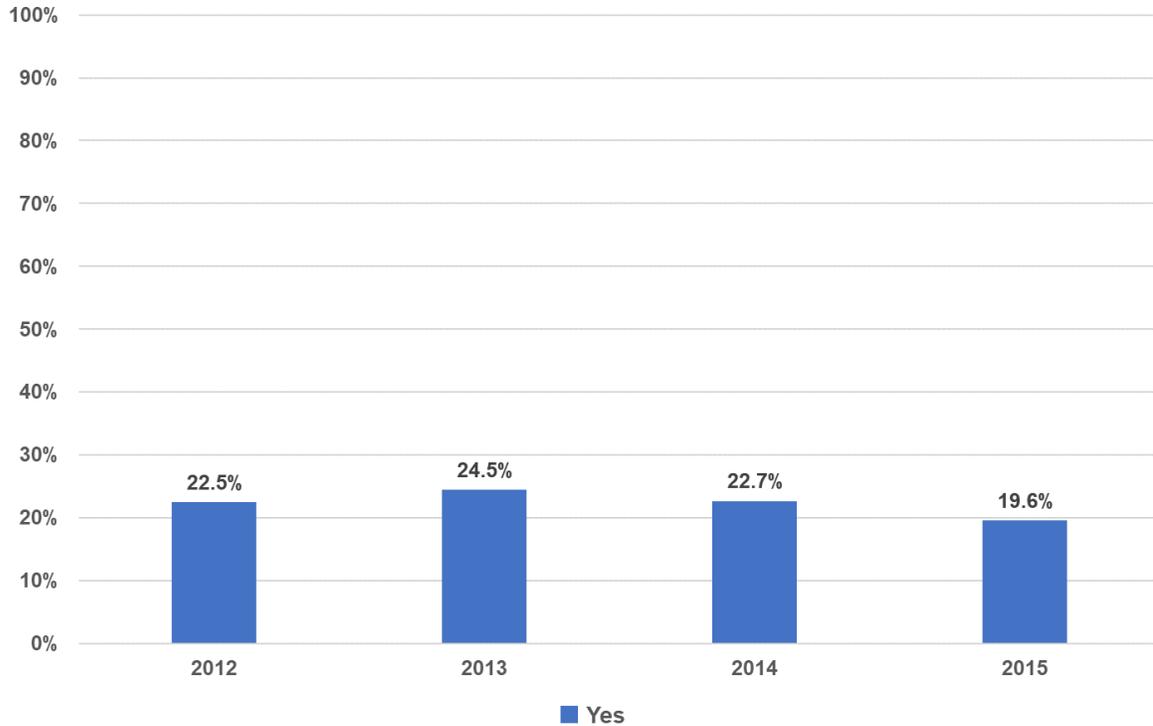
Figure 33. Q59: Things a Health Care Worker Talked With PRAMS Respondents About Since Their New Baby Was Born



^{**} Similar information available in Question 72, specific to home visitors, and Question 77 of the PA PRAMS Phase 8 survey.

Question 64: Since your new baby was born, has a home visitor come to your home to help you learn how to take care of yourself or your new baby? This is a Yes or No question.

Figure 34. Q64: Percentage of PRAMS Respondents Who Had a Home Visitor Come to Their Home to Help Them Learn to Take Care of Themselves and Their New Baby



Question 68: Since your new baby was born, have you had a postpartum checkup for yourself? * This is a Yes or No question.

Figure 35. Q68.1: Percentage of PRAMS Respondents Who Had A Postpartum Checkup Since Their Baby Was Born

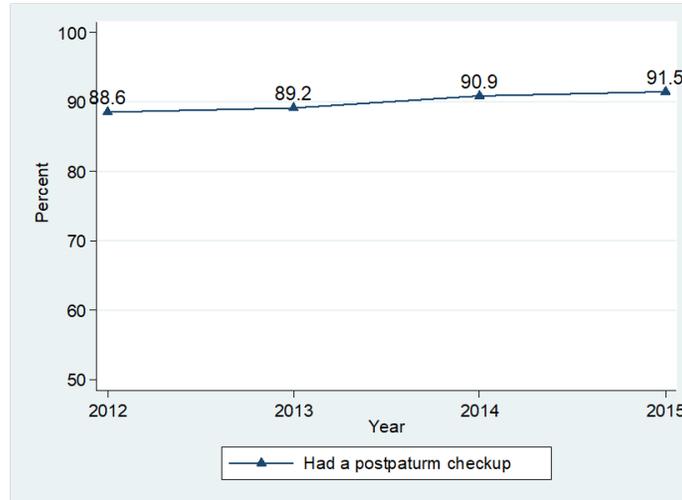
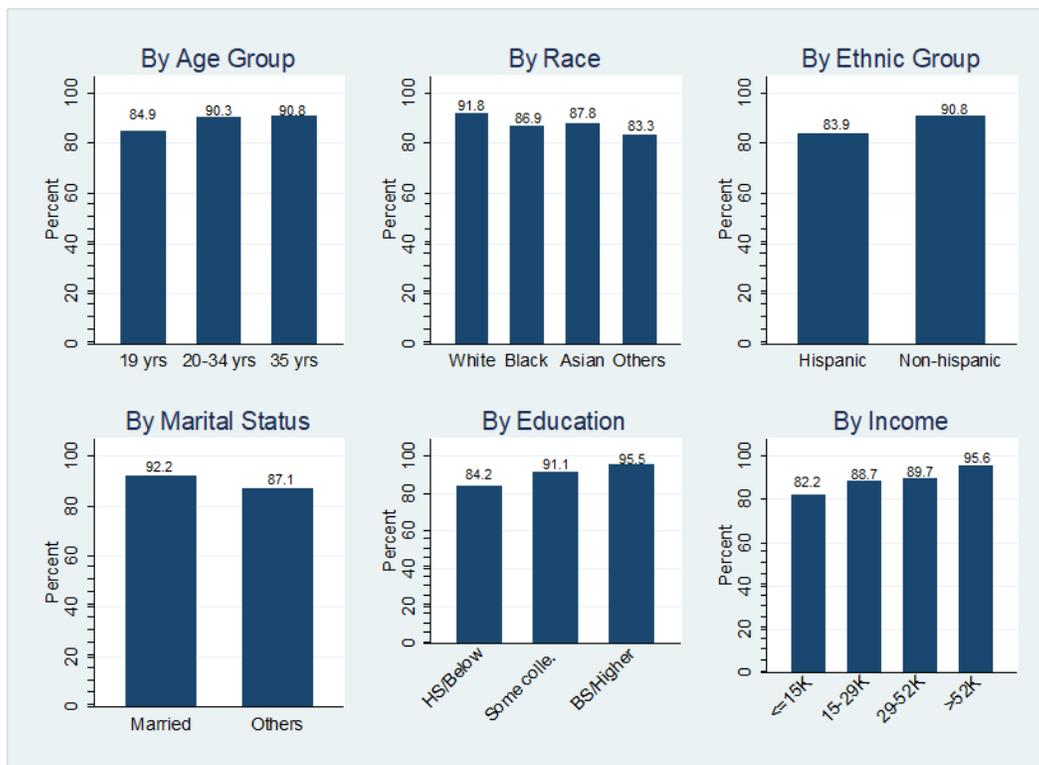


Figure 36. Q68.2: Demographic Characteristics of PRAMS Respondents Who Had A Postpartum Checkup Since Their Baby Was Born



* A CDC PRAMS indicator

G. HIV

Question 23: At any time during your most recent pregnancy or delivery, did you have a test for HIV (the virus that causes AIDS)?** Respondents are to answer “Yes,” “No,” or “I don’t know.” Those that answered “Yes” are recorded here.

Figure 37. Q23.1: Percentage of PRAMS Respondents Who Had a Test for HIV At Any Time During Pregnancy or Delivery

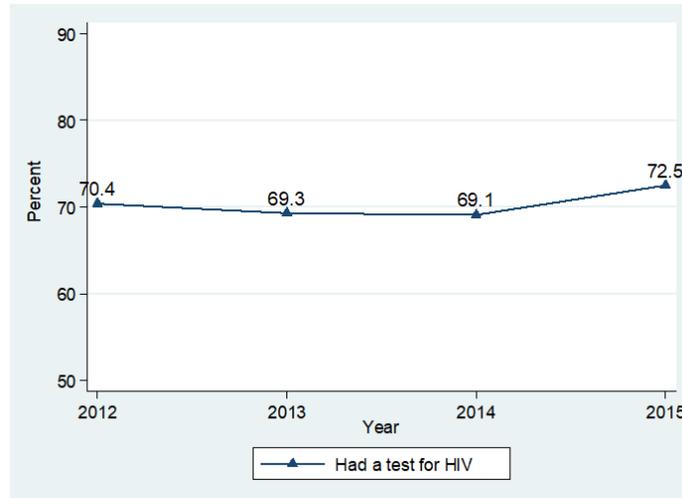
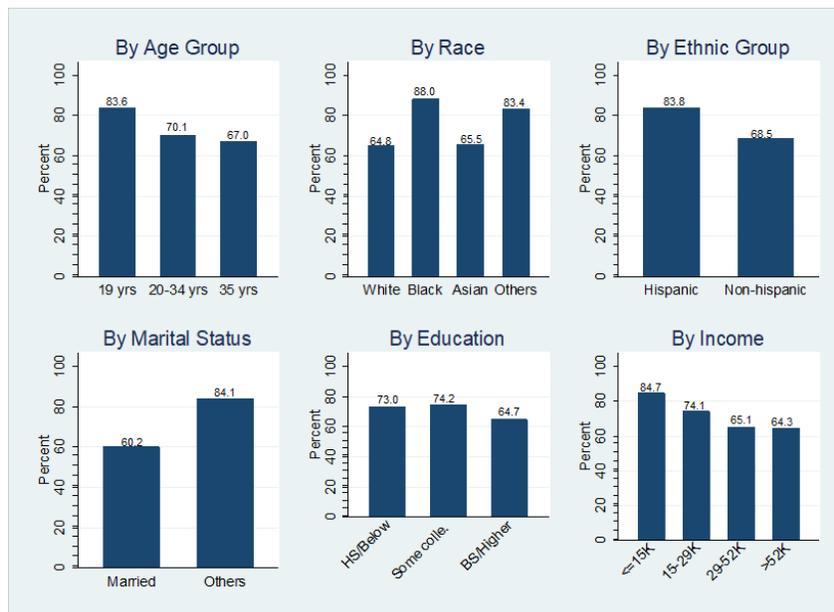


Figure 38. Q23.2: Demographic Characteristics of PRAMS Respondents Who Had a Test for HIV At Any Time During Pregnancy or Delivery



**Similar information available in Question 13l of the PA PRAMS Phase 8 survey.

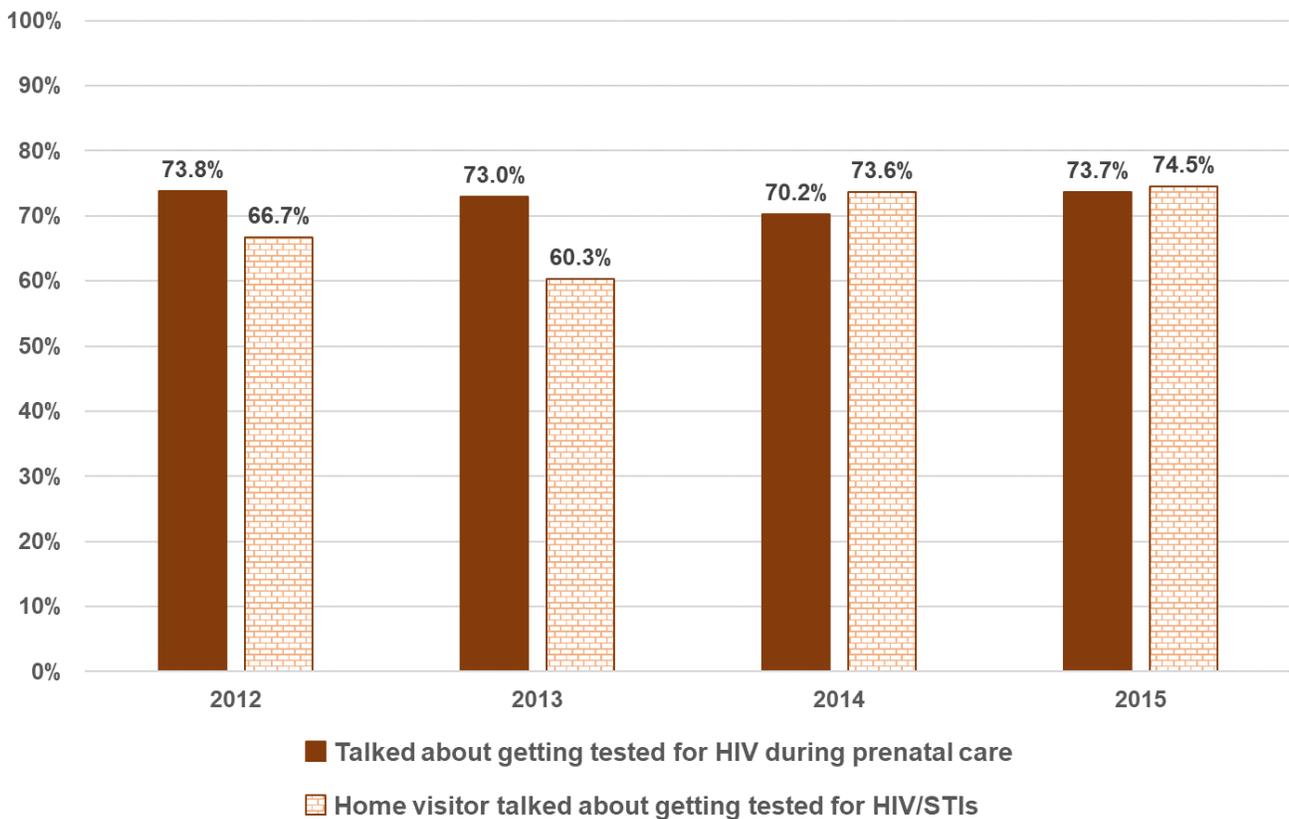
Question 22: During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? †

- j. Getting tested for HIV (the virus that causes AIDS) during the prenatal care visits** Respondents are to answer Yes or No.

Question 32: During your most recent pregnancy, did the home visitor who came to your home talk with you about any of the things listed below? ‡

- d. The importance of getting tested for HIV or other sexually transmitted infections (STIs) Respondents are to answer Yes or No.

Figure 39. Q22j & Q32d: Percentage of PRAMS Respondents Reporting a Health Care Worker or a Home Visitor Talked With Them During Pregnancy About Getting Tested for HIV or Other STIs



† The complete Question 22 can be found in Appendix A.

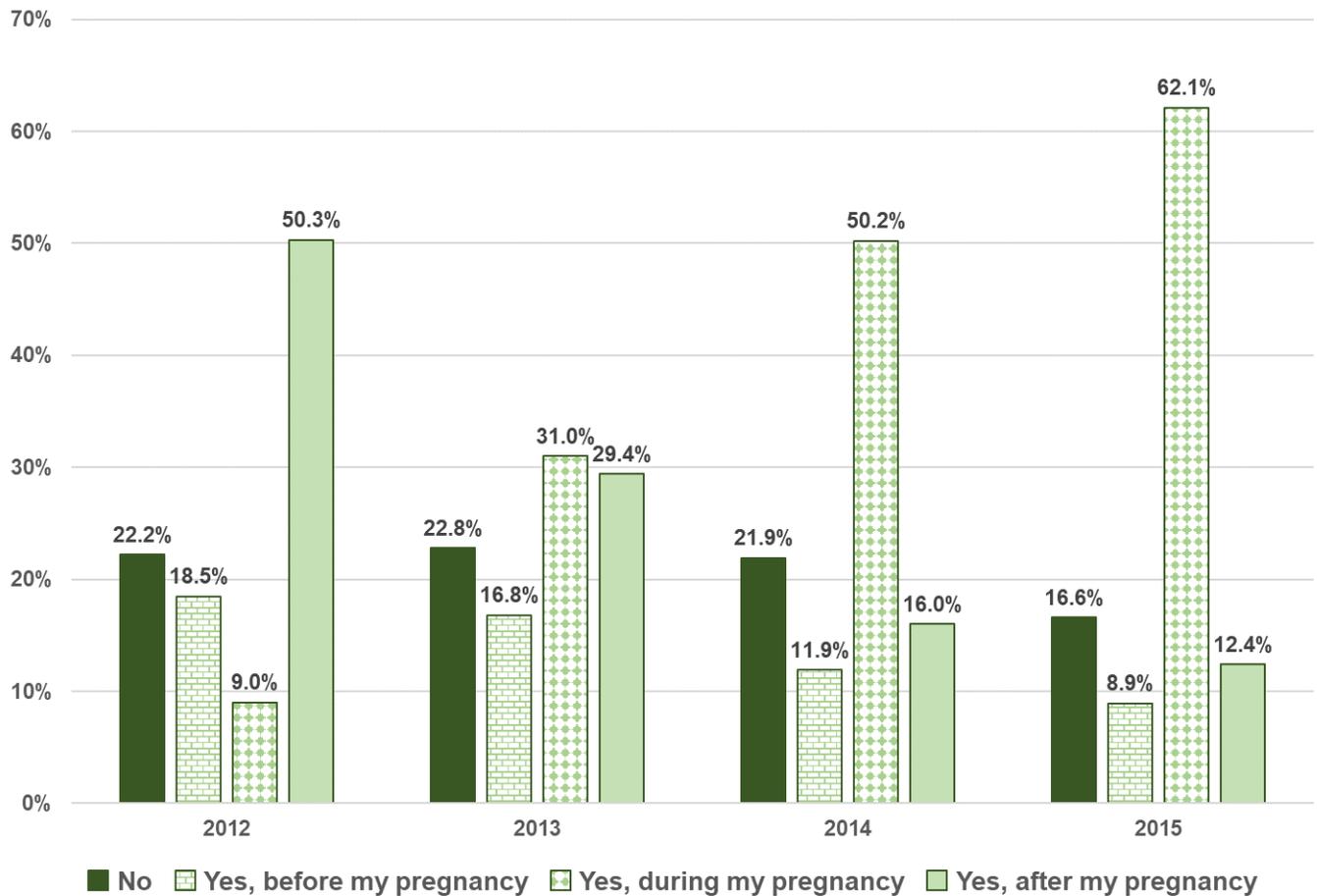
** Similar information available in Question 25h of the PA PRAMS Phase 8 survey.

‡ The complete Question 32 can be found in Appendix A.

H. Tdap Vaccination

Question 81: Did you receive a Tdap vaccination before, during or after your most recent pregnancy? Respondents are to check one answer.

Figure 40. Q81: When PRAMS Respondents Received a Tdap Vaccination



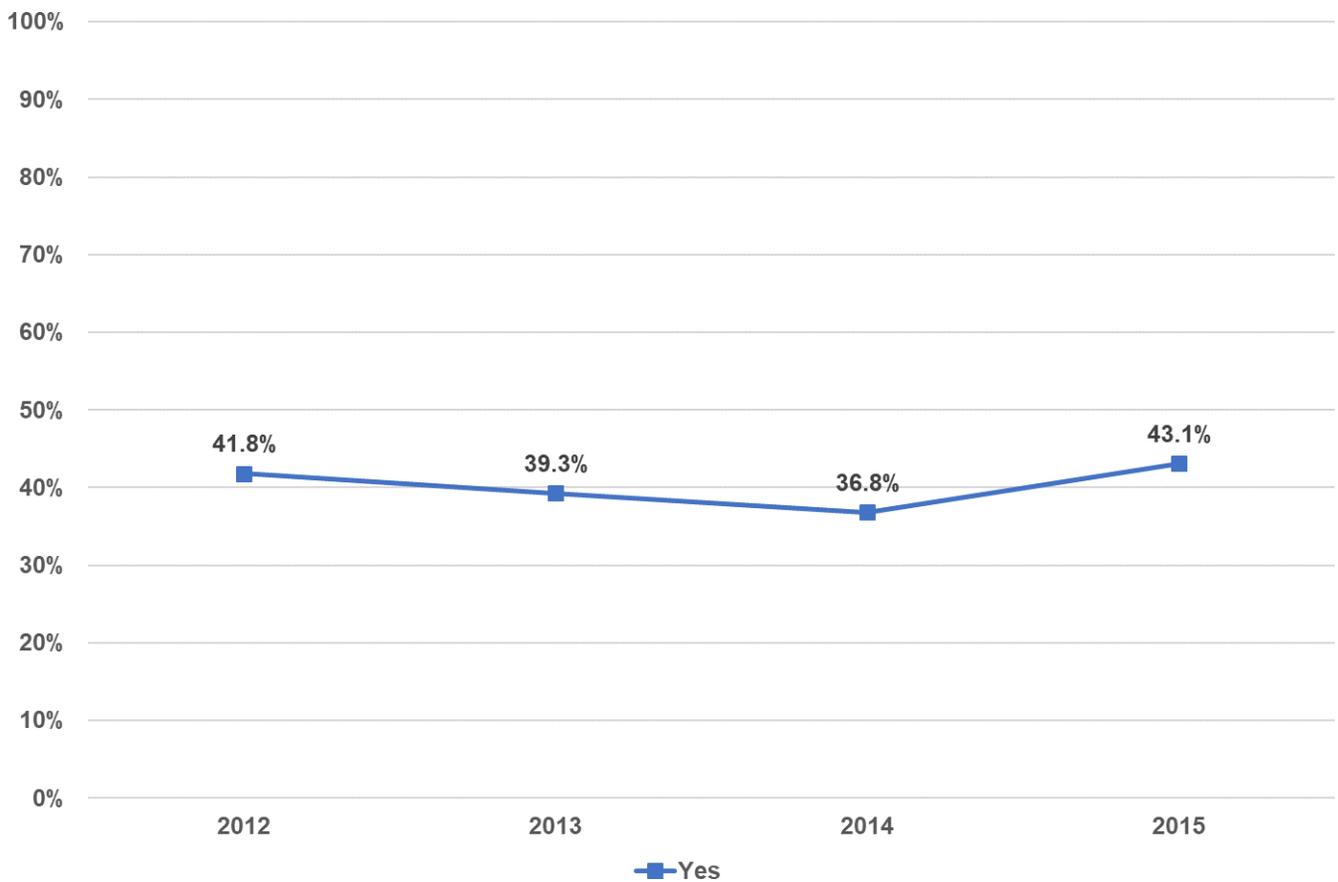
III. Nutrition and Exercise

This section presents figures and tables from the PA PRAMS Phase 7 survey questions related to nutrition and exercise behaviors of respondents before pregnancy.

A. Multi-Vitamin Use Greater Than Four Days

Question 9: During the month before you got pregnant with your new baby, how many times a week did you take a multivitamin, a prenatal vitamin, or a folic acid vitamin? (At least 4 times a week.)*†

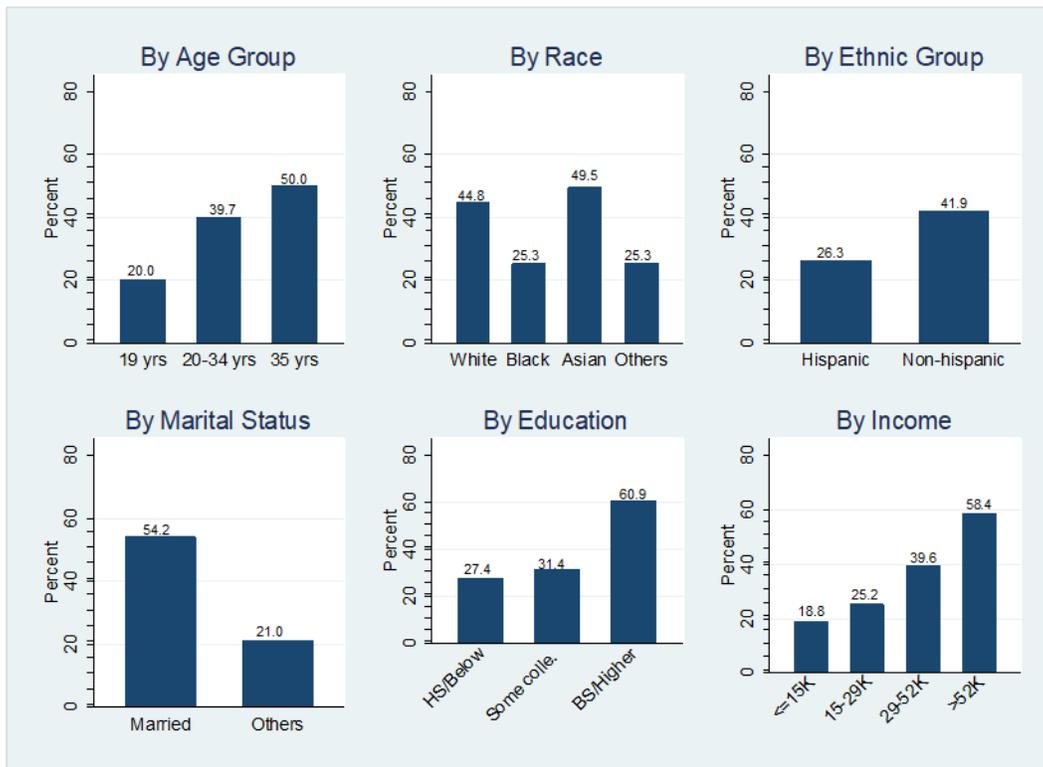
Figure 41. Q9.1: Percentage of PRAMS Respondents Who Took A Multivitamin At Least 4 Times A Week



* A CDC PRAMS indicator

† Related to Healthy People 2020 indicator, MICH16.

Figure 42. Q9.2: Demographic Characteristics of PRAMS Respondents Who Took A Multivitamin At Least 4 Times A Week



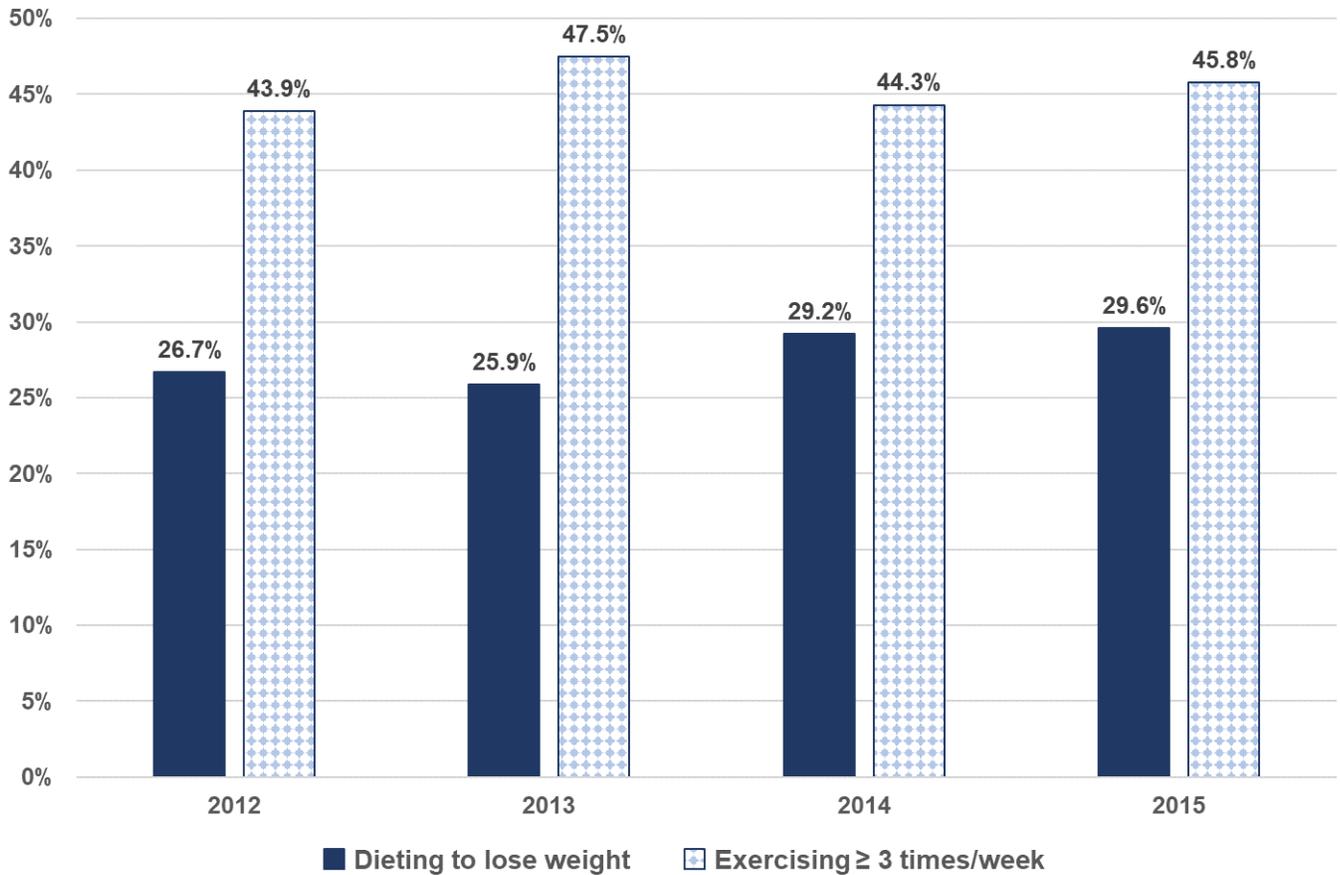
B. Dieting Before Pregnancy

C. Exercise Three or More Days Per Week

Question 7: At any time during the 12 months before you got pregnant with your new baby, did you do any of the following things?‡ Respondents are to answer Yes or No for each option.

- a. I was dieting to lose weight*
- b. I was exercising ≥ 3 days/ week*

Figure 43. Q7a&b: Percentage of PRAMS Respondents Reporting Dieting or Exercising During The 12 Months Before Pregnancy



‡ The complete Question 7 can be found in Appendix A.

* A CDC PRAMS indicator

* A CDC PRAMS indicator

IV. Healthy Weight

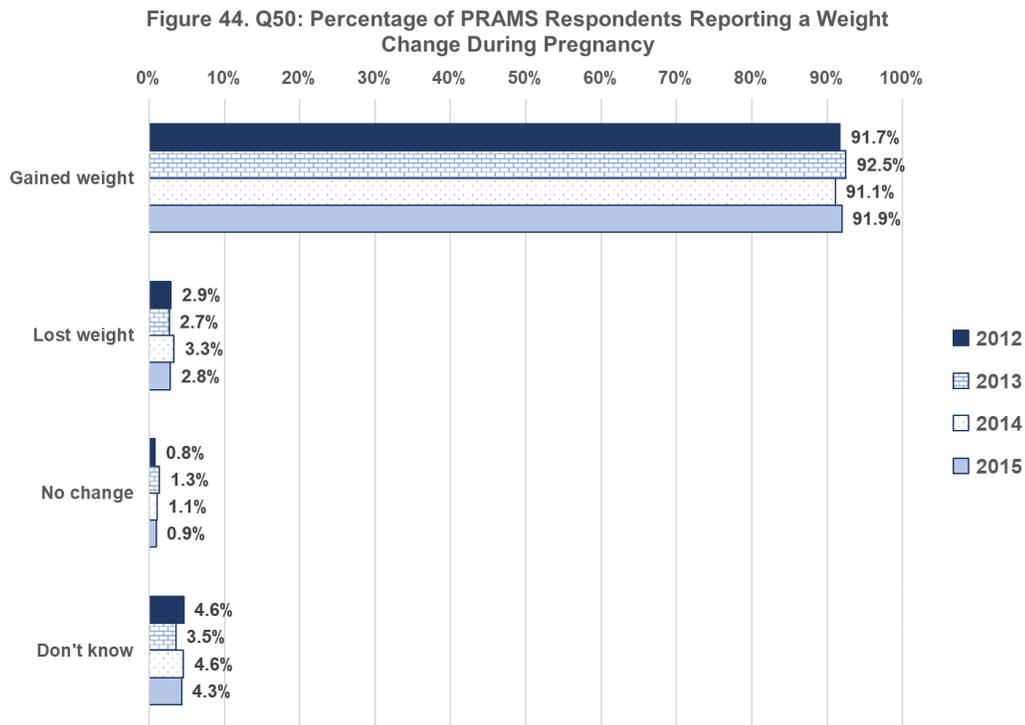
This section presents figures and tables from the PA PRAMS Phase 7 survey questions related to maintaining a healthy weight during and after pregnancy.

Questions 1 and 2: How tall are you without shoes? Just before you got pregnant with your new baby, how much did you weigh? These data were combined into: percent of women reporting a live birth who had a healthy weight prior to pregnancy.*† BMI was calculated to form the weight categories.

Table 3. Pre-pregnancy weight, Pennsylvania PRAMS 2012-2015

Year	Underweight (BMI<18.5)	Healthy weight (BMI 18.5-24.9)	Overweight (BMI 25.0-29.9)	Obese (BMI 30.0+)
2012	5.1%	49.1%	22.7%	23.1%
2013	3.4%	51.4%	21.9%	23.2%
2014	4.0%	48.4%	24.4%	23.2%
2015	4.4%	48.1%	24.7%	22.7%

Question 50: By the end of your most recent pregnancy, how much weight had you gained?‡ Respondents are to check one answer and fill in blank if needed.



* A CDC PRAMS indicator

† Related to Healthy People 2020 indicator, MICH 13.

‡ Question not available on the PA PRAMS Phase 8 survey.

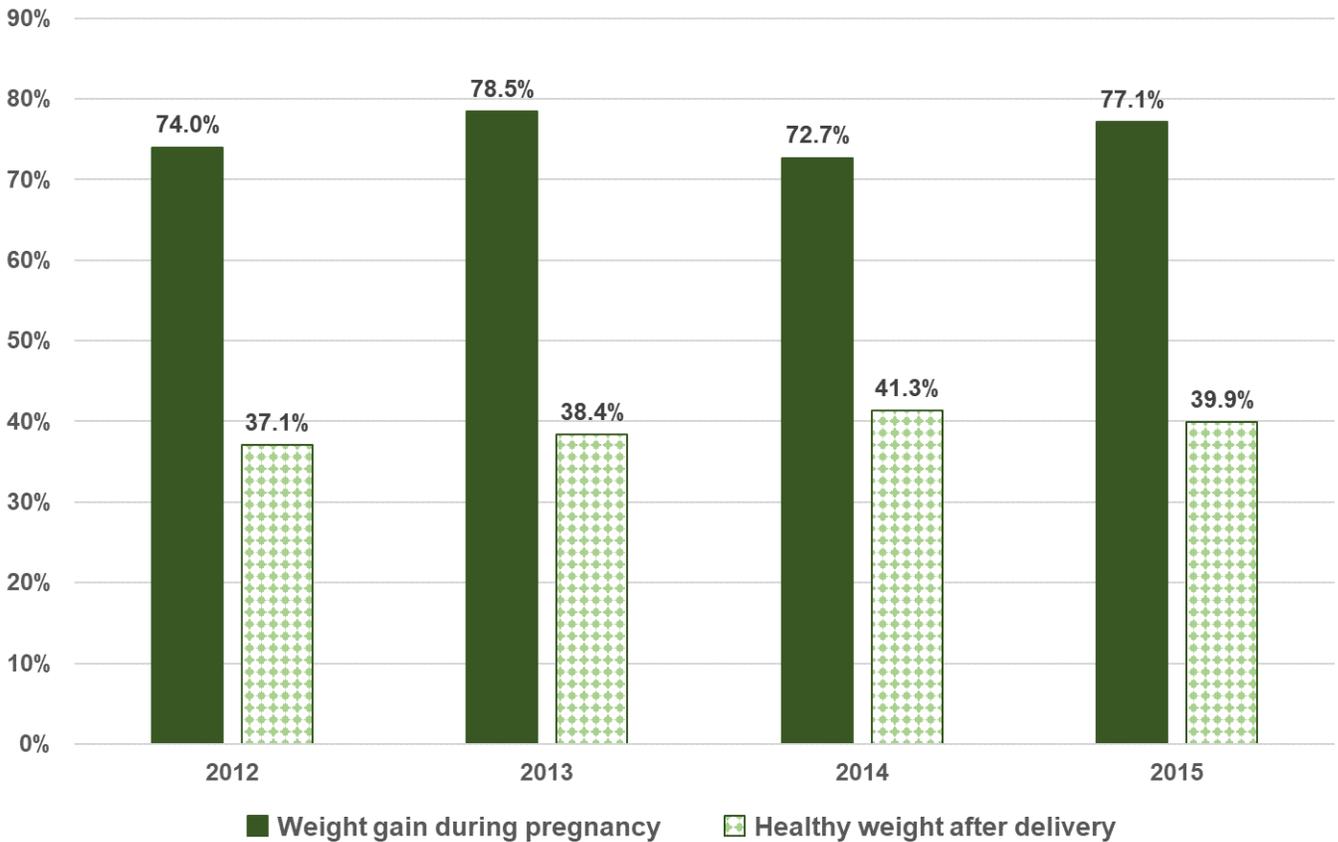
Question 22: During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? † Respondents are to answer Yes or No to each option.

- a. How much weight I should gain during my pregnancy

Question 59: Since your new baby was born, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? † Respondents are to answer Yes or No to each option.

- g. Getting to and staying at a healthy weight after delivery

Figure 45. Q22a & Q59g: Percentage of PRAMS Respondents Who Had A Health Care Worker Talk to Them About Weight Gain During Pregnancy or Staying at a Healthy Weight After Delivery



† The complete Question 22 can be found in Appendix A.

‡ The complete Question 59 can be found in Appendix A.

V. Oral Health

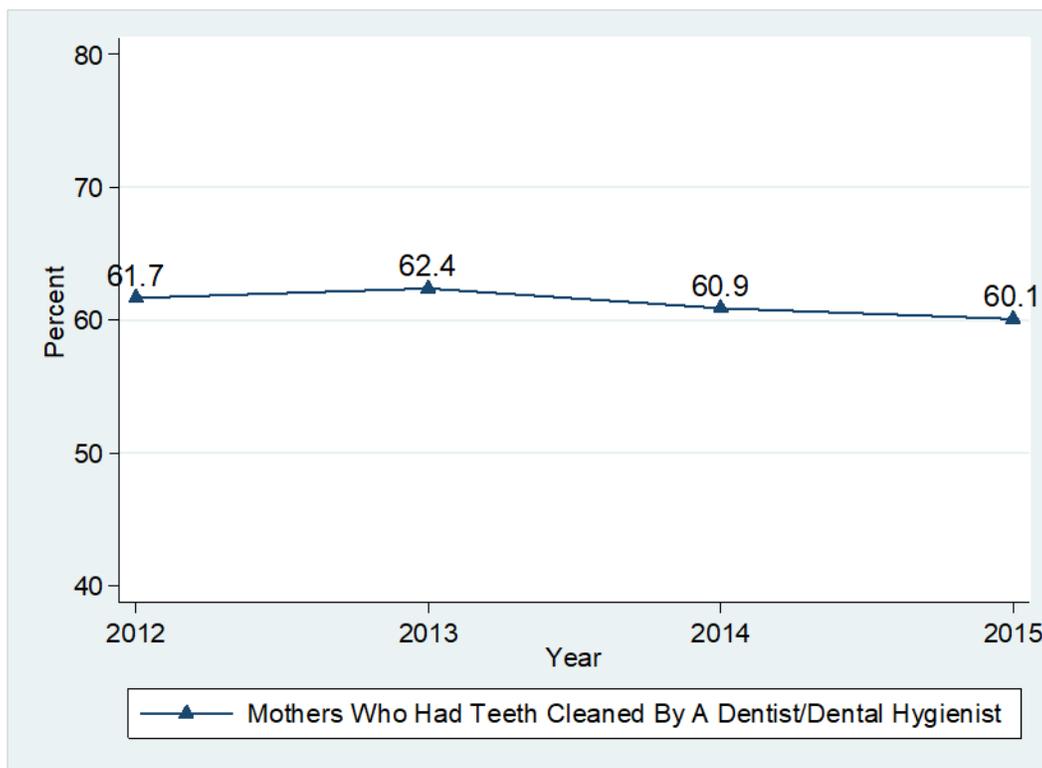
This section presents figures and tables from the PA PRAMS Phase 7 survey questions related to oral care health before and during pregnancy.

A. Before Pregnancy

Question 7: At any time during the 12 months before you got pregnant with your new baby, did you do any of the following things? ‡ Respondents are to answer Yes or No to each option.

h. I had my teeth cleaned by a dentist or dental hygienist.***

Figure 46. Q7h.1: Percentage of PRAMS Respondents Who Had Their Teeth Cleaned By A Dentist/Dental Hygienist In The 12 Months Before Pregnancy

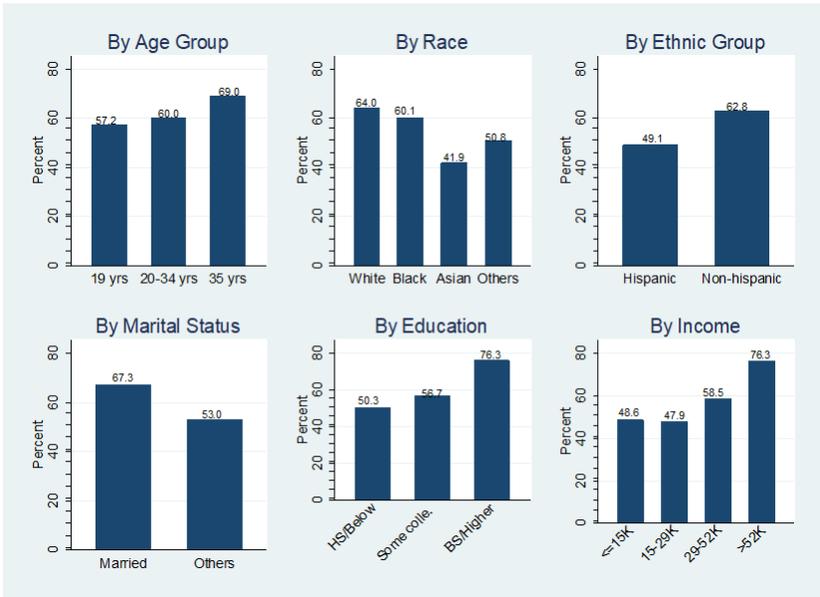


‡ The complete Question 7 can be found in Appendix A.

* A CDC PRAMS indicator

** Similar information available in Question 12g of the PA PRAMS Phase 8 survey.

Figure 47. Q7h.2: Demographic Characteristics of PRAMS Respondents Who Had Teeth Cleaned By A Dentist/Dental Hygienist In The 12 Months Before



B. During Pregnancy

Question 27: This question is about the care of your teeth during your most recent pregnancy. ‡ Respondents are to answer Yes or No to each option.

- a. I knew it was important to care for my teeth and gums during my pregnancy
- b. A dental or other health care worker talked with me about how to care for my teeth and gums

Figure 48. Q27a: Knew it was important to care for teeth and gums during pregnancy

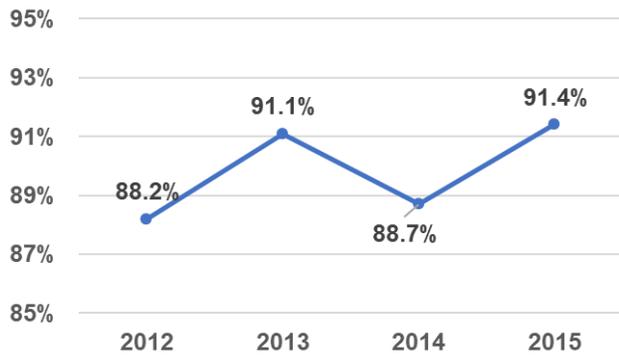
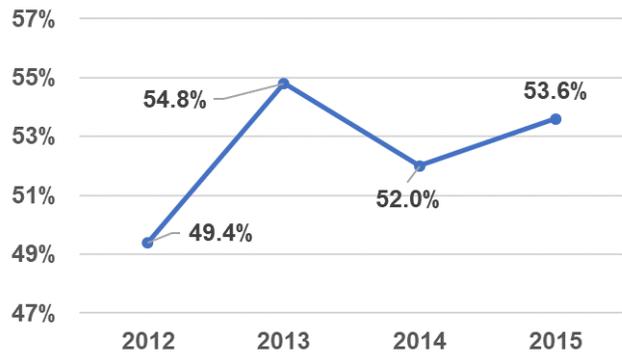


Figure 49. Q27b: A dental or other health care worker talked with them about how to care for their teeth



‡ The complete Question 27 can be found in Appendix A.

Question 27: This question is about the care of your teeth during your most recent pregnancy. ‡ Respondents are to answer Yes or No to each option.

c. I had my teeth cleaned by a dentist or dental hygienist.*

Figure 50. Q27c.1: Percentage of PRAMS Respondents Who Had Their Teeth Cleaned by a Dentist/Dental Hygienist During Pregnancy

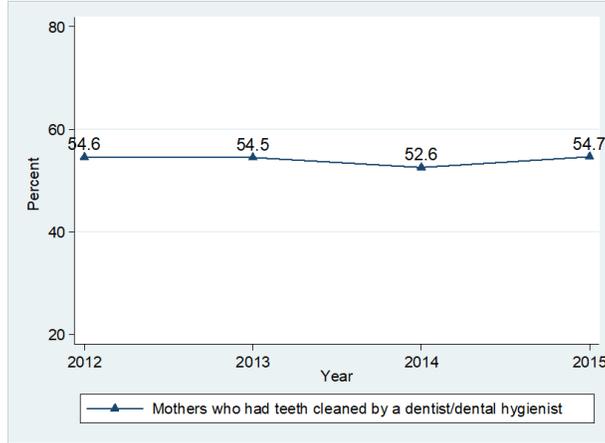
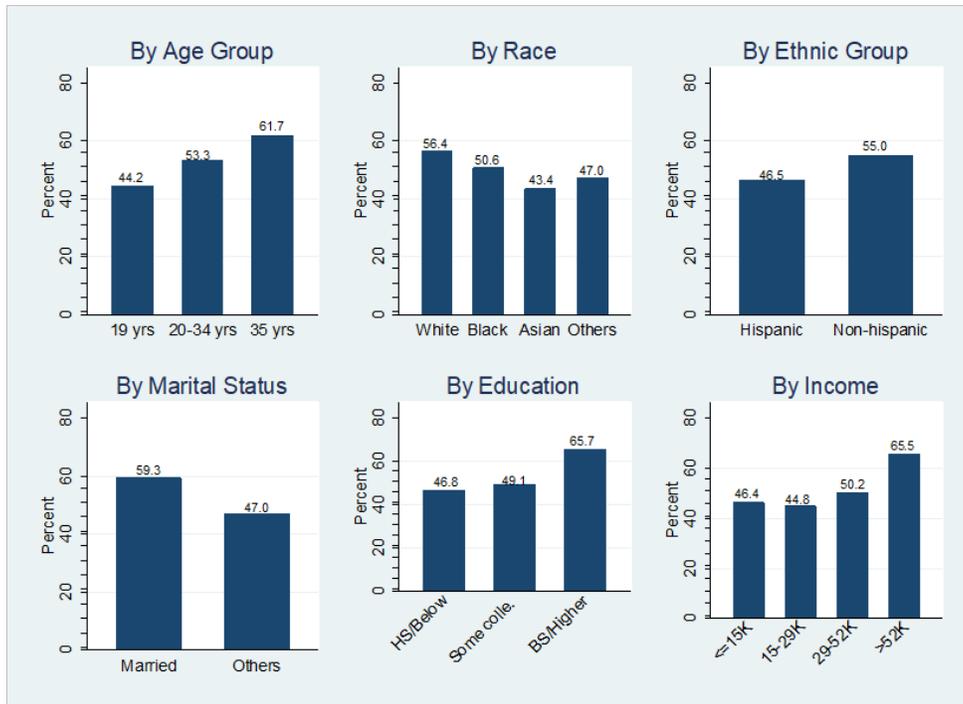


Figure 51. Q27c.2: Demographic Characteristics of PRAMS Respondents Who Had Their Teeth Cleaned by a Dentist/Dental Hygienist During Pregnancy



‡ The complete Question 27 can be found in Appendix A.

* A CDC PRAMS indicator

Question 27: This question is about the care of your teeth during your most recent pregnancy. ‡ Respondents are to answer Yes or No to each option.

d. I had insurance to cover dental care during my pregnancy.*

Figure 52. Q27d.1: PRAMS Respondents Who Had Insurance For Dental Care During Pregnancy

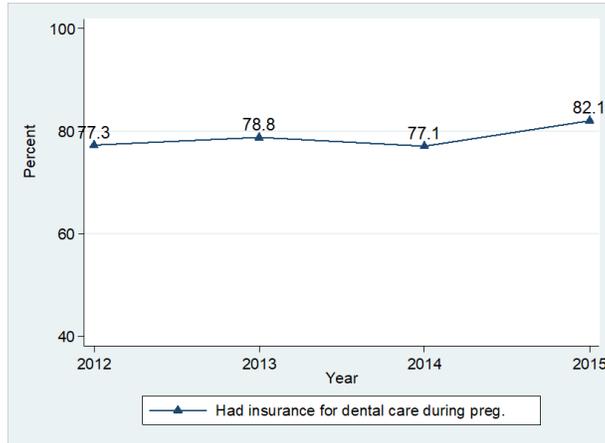
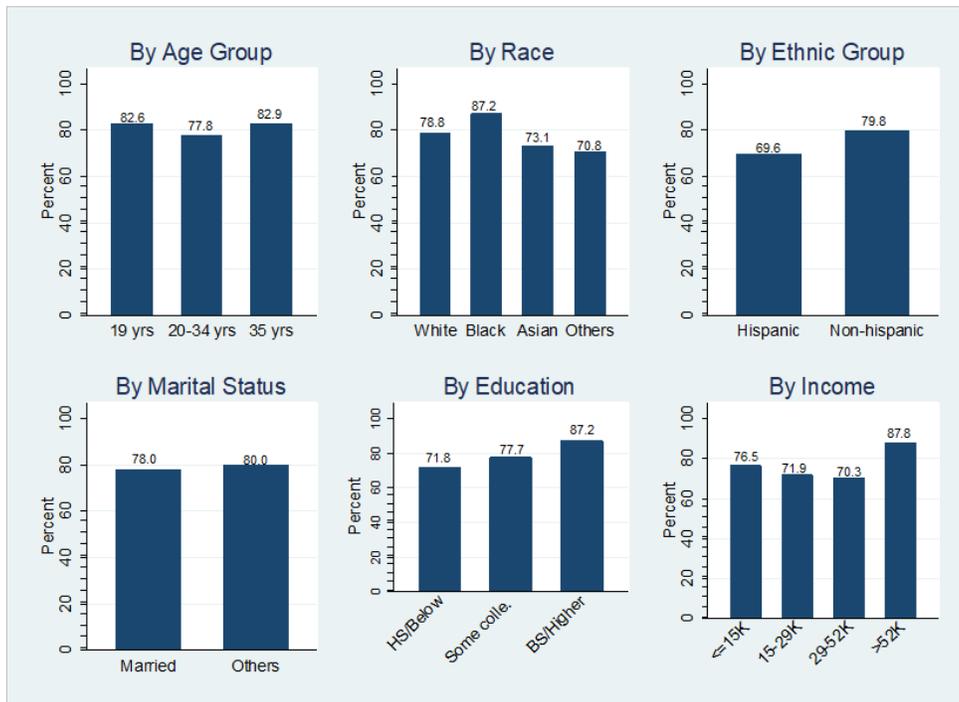


Figure 53. Q27d.2: Demographic Characteristics of PRAMS Respondents Who Had Insurance For Dental Care During Pregnancy



‡ The complete Question 27 can be found in Appendix A.

* A CDC PRAMS indicator

Question 27: This question is about the care of your teeth during your most recent pregnancy. ‡ Respondents are to answer Yes or No to each option.

- e. I needed to see a dentist for a problem
- f. I went to a dentist or dental clinic about a problem

Figure 54. Q27e: Needed to see a dentist for a problem

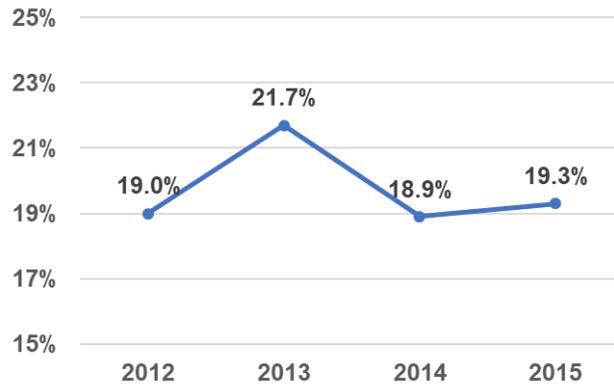
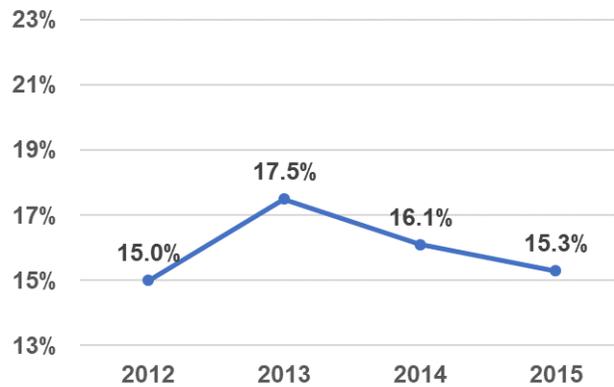


Figure 55. Q27f: Went to a dentist or dental clinic about a problem



‡ The complete Question 27 can be found in Appendix A.

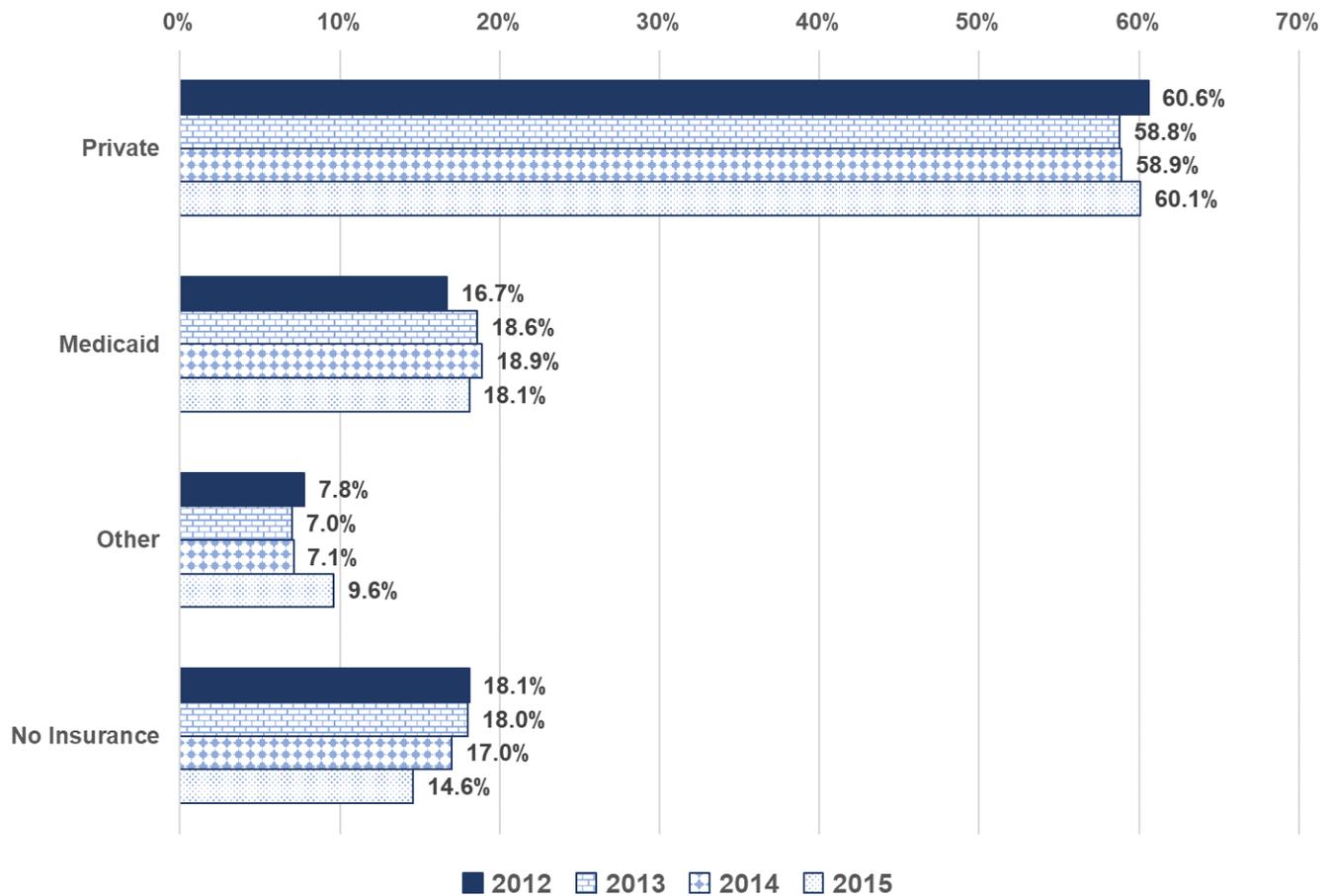
VI. Health Insurance

The PA PRAMS Phase 7 survey asks respondents about their source(s) of insurance before, during and after pregnancy. For the purposes of this report, the insurance categories are listed as follows: Private, Medicaid, Other, and no insurance. Private insurance is a combination of those with insurance from their job or the job of a husband, partner or parents OR those with insurance purchased directly from an insurance company. Other insurance is a combination of those with Children’s Health Insurance Program (CHIP), OR Tricare, OR some other type of health insurance.

A. Insurance Before Pregnancy

Question 8: During the month before you got pregnant with your new baby, what kind of health insurance did you have?^{***} Respondents are to check all that applied.

Figure 56. Q8: PRAMS Respondents' Insurance in Month Before Pregnancy



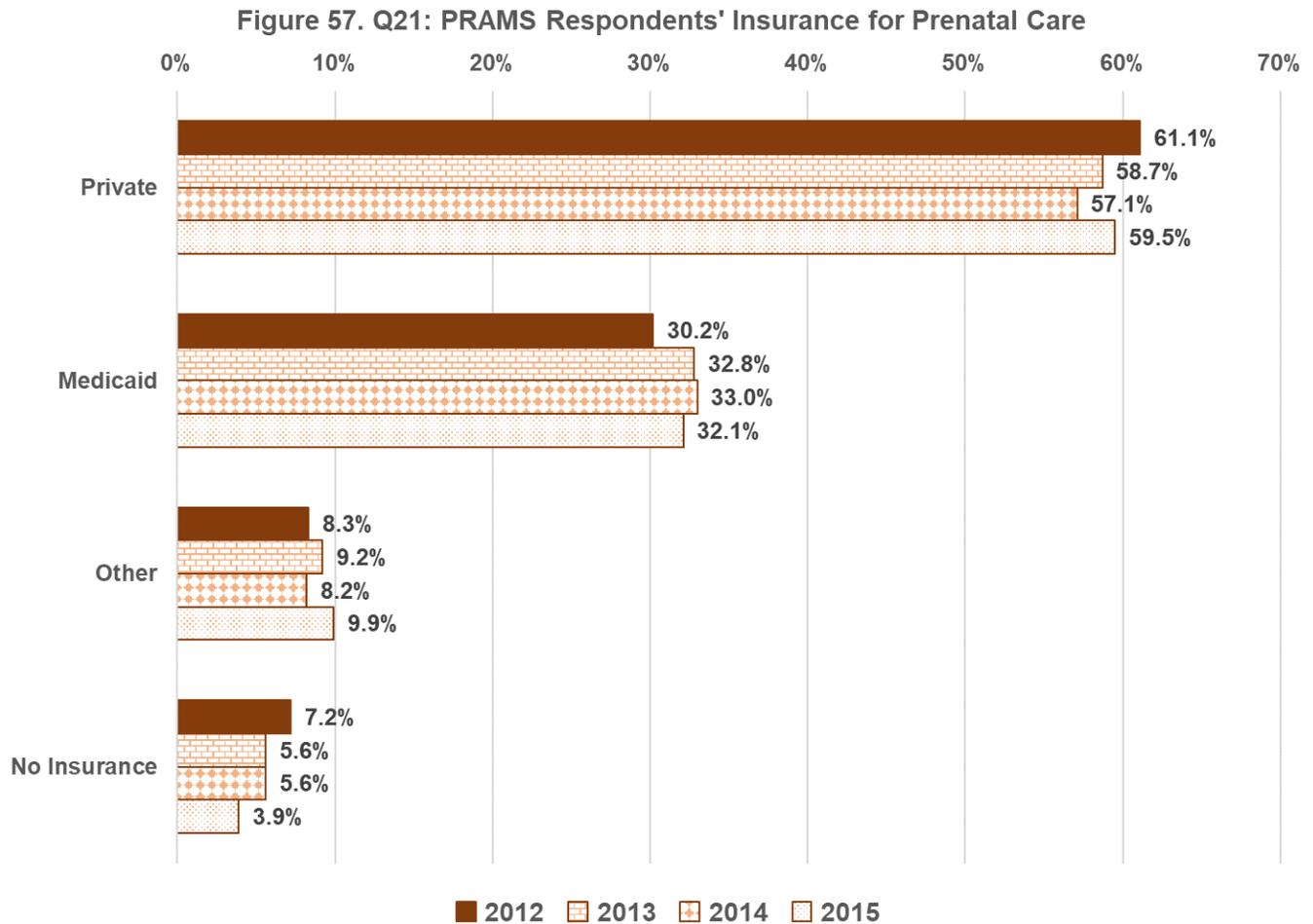
* A CDC PRAMS indicator

** Not all insurance options are available in the PA PRAMS Phase 8 survey.

PRAMS respondents who select “other” have the option to give their own answer. Some of the answers received were: “Keystone from my job, but I don’t know if it’s private.” “They have an insurance broker.” “Keystone Mercy.”

B. Insurance During Pregnancy

Question 21: During your most recent pregnancy, what kind of health insurance did you have to pay for your prenatal care?*** Respondents were to check all that applied.



PRAMS respondents who select “other” have the option to give their own answer. Some of the answers received were: “Insurance did not cover the doctor.” “UPMC.” “When I got pregnant, they were sending me all different insurance cards.”

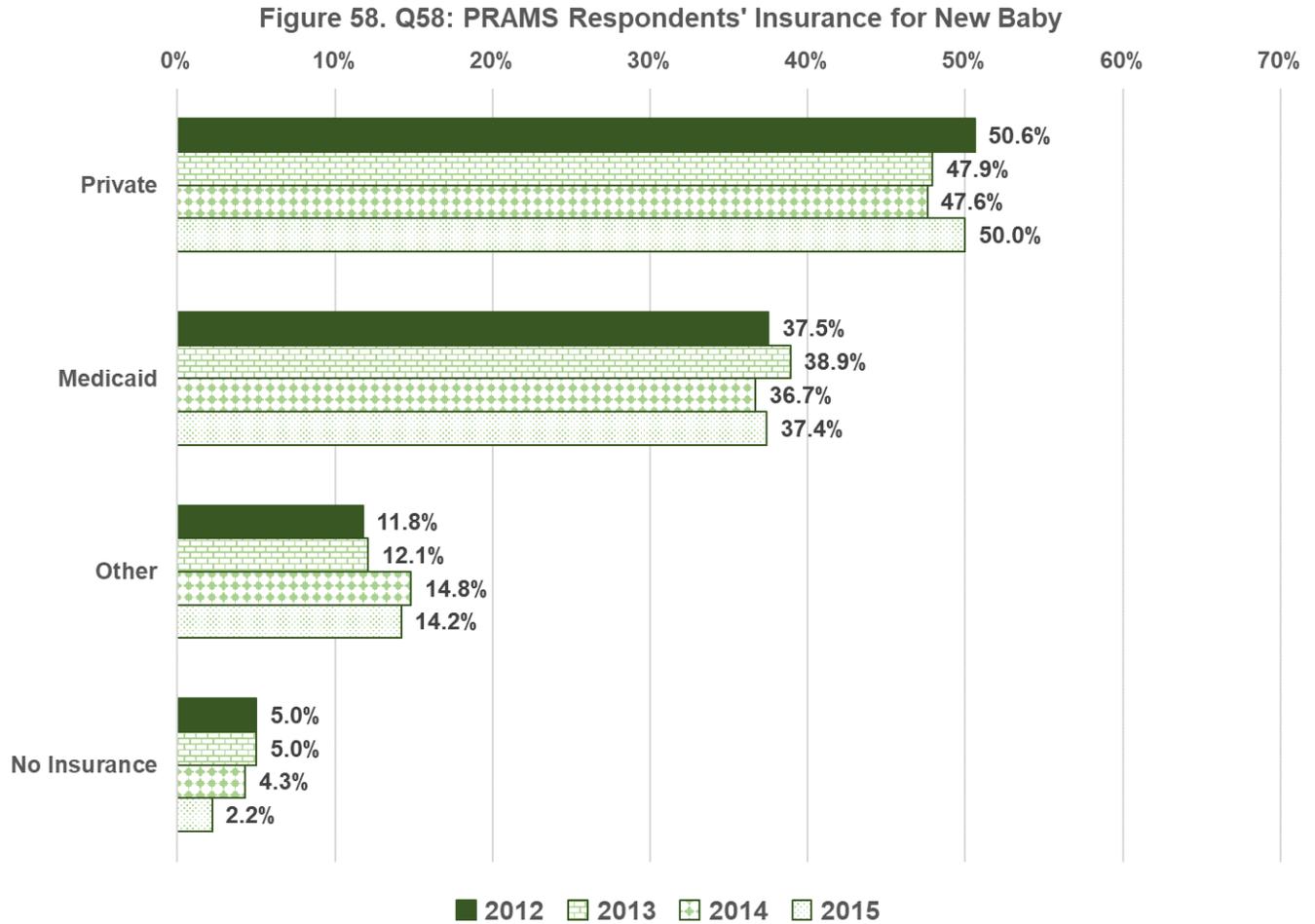
* A CDC PRAMS indicator

** Not all insurance options are available in the PA PRAMS Phase 8 survey.

C. Insurance Post-partum

Question 58: What kind of health insurance is your new baby covered by now?*

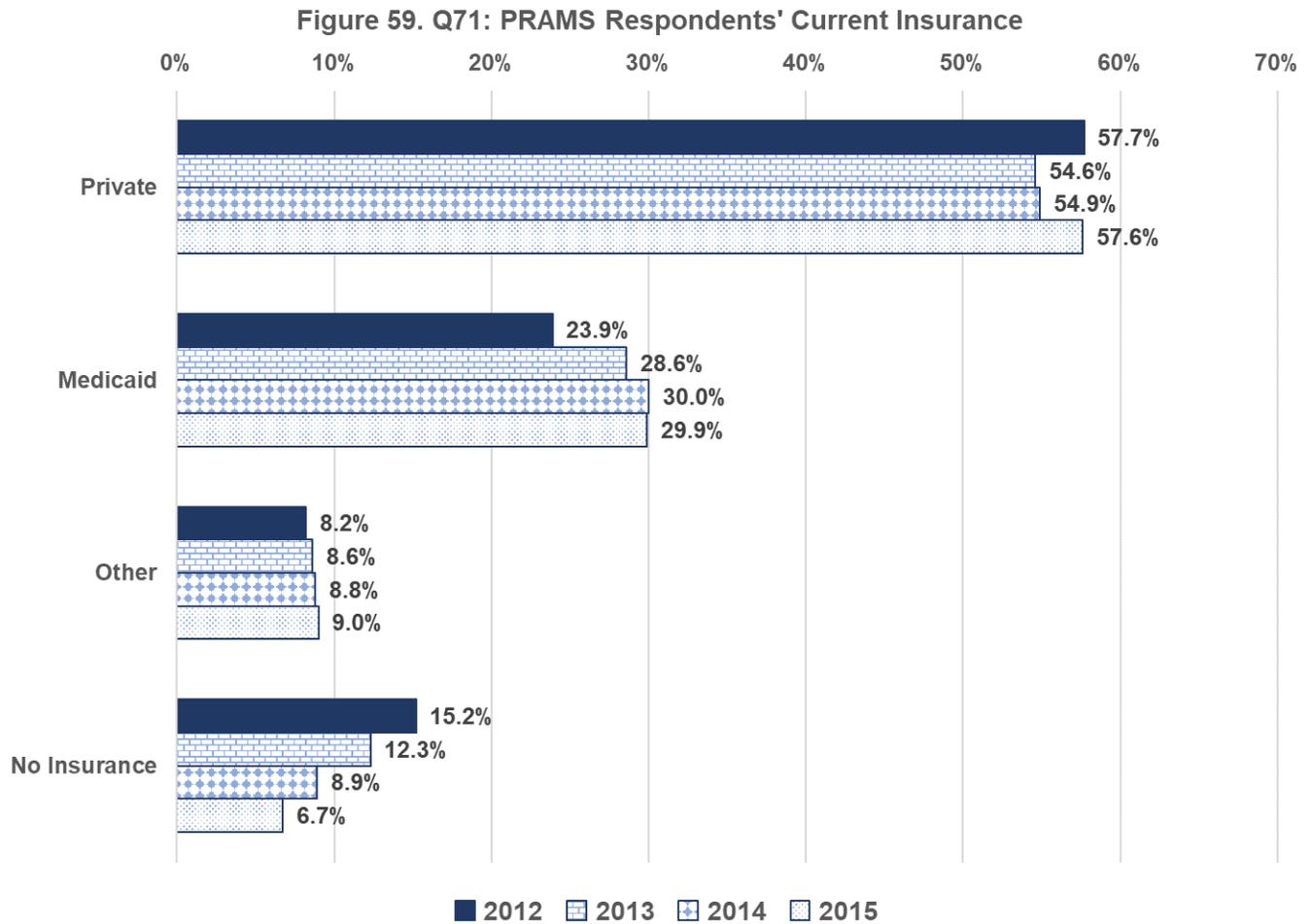
Respondents are to check all that applied.



PRAMS respondents who select “other” have the option to give their own answer. Some of the answers received were: “Amerihealth, then Gateway.” “Keystone First.” “Working on it.”

* Not all insurance options are available in the PA PRAMS Phase 8 survey.

Question 71: What kind of health insurance do you have now? * ** Respondents are to check all that applied.



PRAMS respondents who select “other” have the option to give their own answer. Some of the answers received were: “Gateway.” “UPMC.” “My insurance is not yet activated, I have to get it activated again.”

* A CDC PRAMS indicator

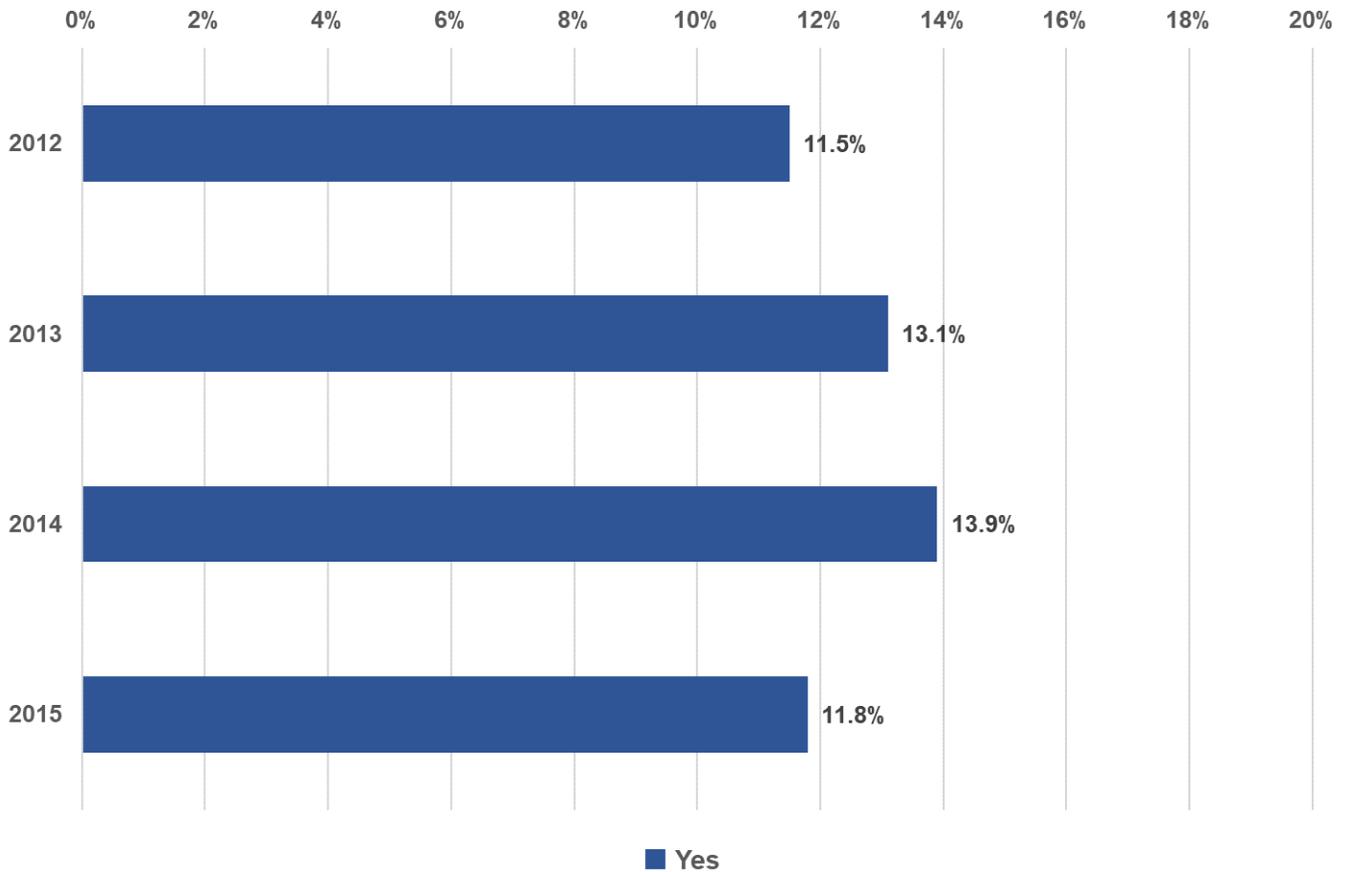
** Not all insurance options are available in the PA PRAMS Phase 8 survey.

VII. Post-partum Experiences

This section presents figures and tables regarding several post-partum experiences respondents are asked about on the PA PRAMS Phase 7 survey.

Question 51: After your baby was delivered, was he or she put in an intensive care unit (NICU)?** Respondents are to answer Yes, No, or I don't know.

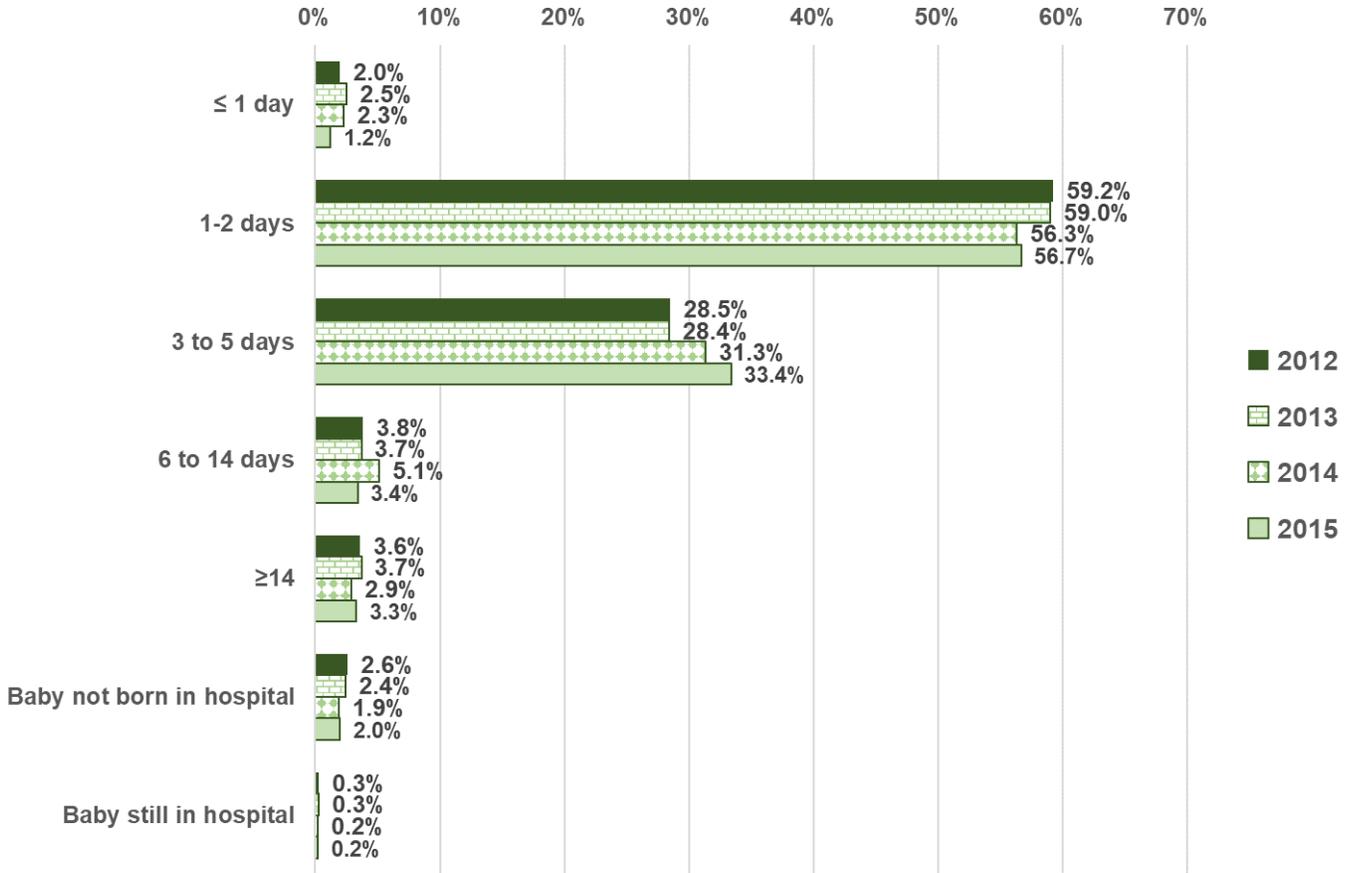
Figure 60. Q51: Percentage of PRAMS Respondents Reporting Baby Was Put in the NICU After Delivery



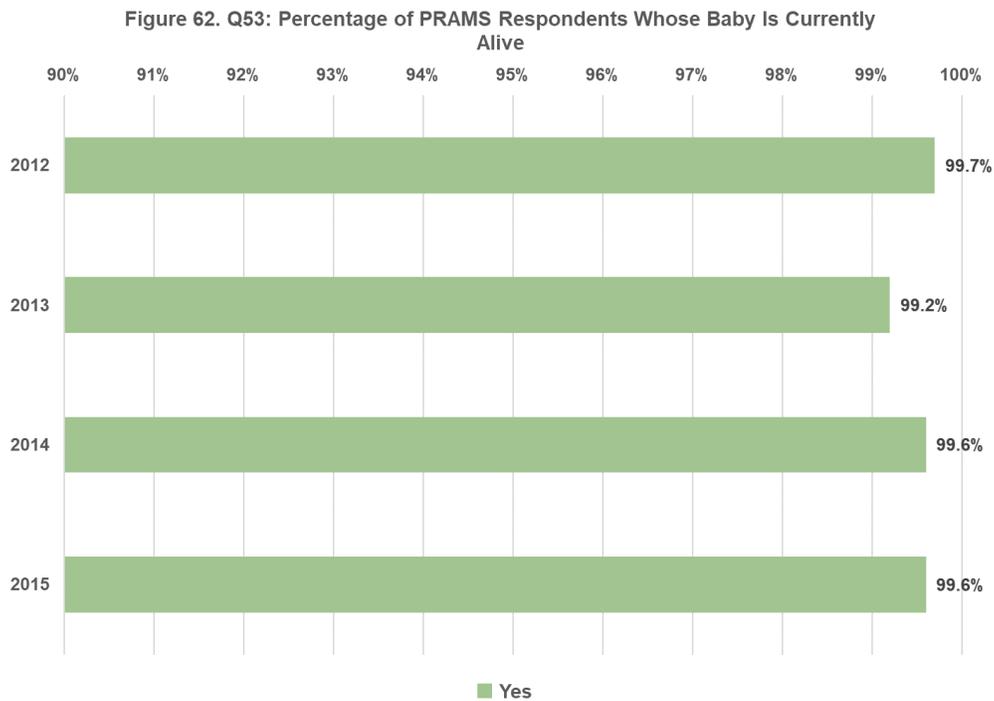
** Question not available in the PA PRAMS Phase 8 survey.

Question 52: After your baby was delivered, how long did he or she stay in the hospital?

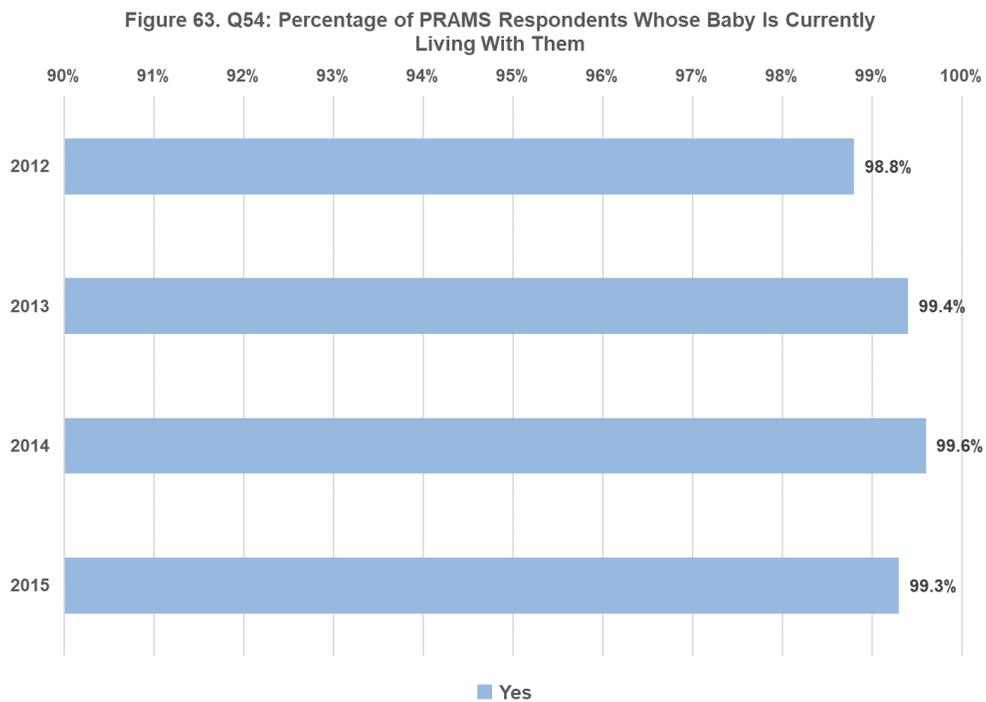
Figure 61. Q52: Percentage of PRAMS Respondents by Number of Days Baby Stayed in Hospital After Delivery



Question 53: Is your baby alive now? This is a Yes or No question.



Question 54: Is your baby living with you now? This is a Yes or No question.

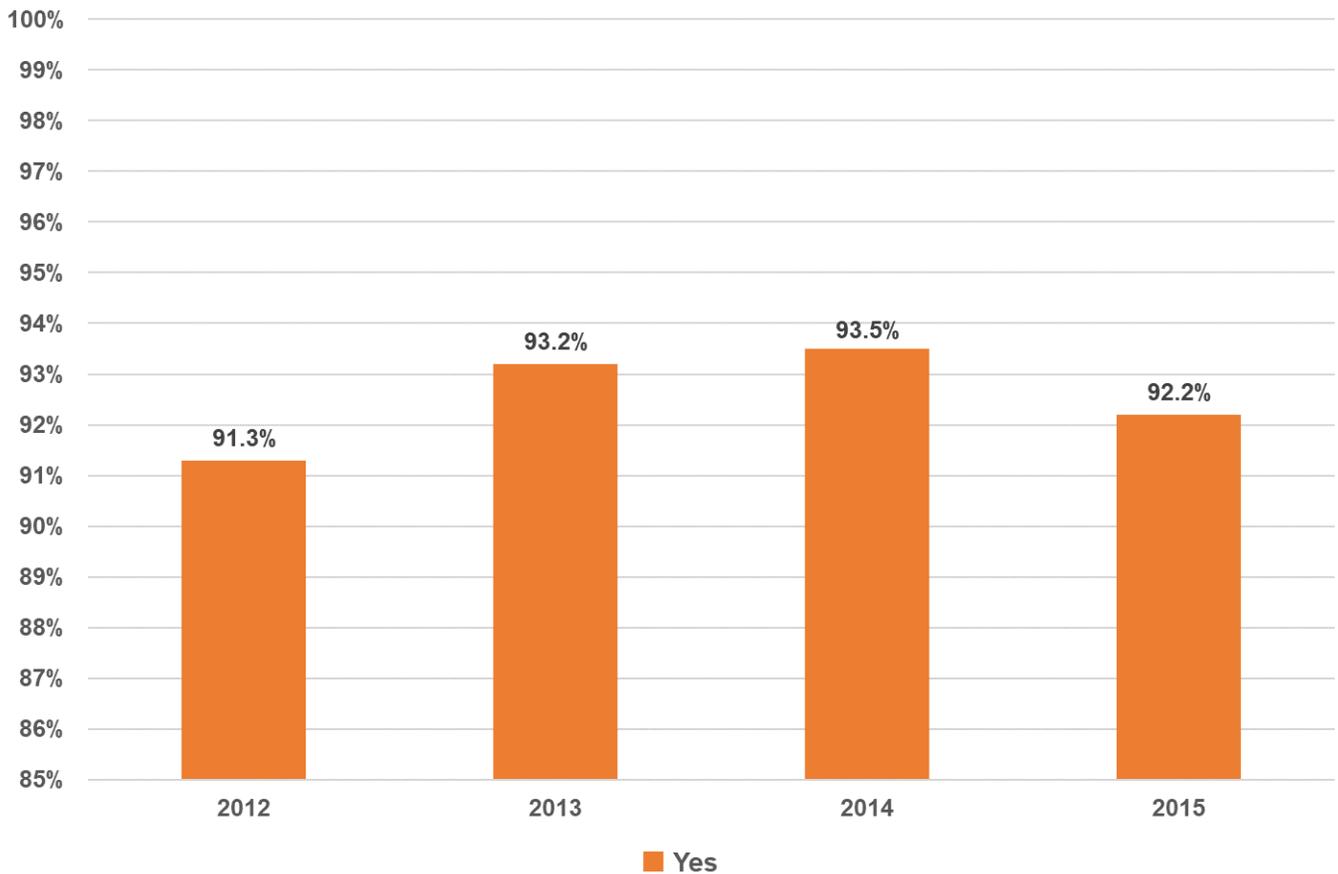


VIII. Safe Sleep Behaviors

This section presents figures and tables regarding the safe sleep practices being used by respondents from the PA PRAMS Phase 7 survey.

Question 60: Did a doctor, nurse, or other health care worker talk with you about how to lay your new baby down to sleep?** This is a Yes or No question.

Figure 64. Q60: Percentage of PRAMS Respondents Reporting a Health Care Worker Talked With Them About How to Lay Their New Baby Down to Sleep



** Similar information available in Question 70 of the PA PRAMS Phase 8 survey specific to four topics about safe sleep behaviors and environment.

Question 61[‡]: In which one position do you most often lay your baby down to sleep now? Respondents are to select one answer from “on his/her side,” “on his/her back,” or “on his/her stomach.”

- Sleep on his/her back^{*§†}

Figure 65. Q61.1: Percentage of PRAMS Respondents Reporting They Most Often Lay Their Baby on His/Her Back to Sleep

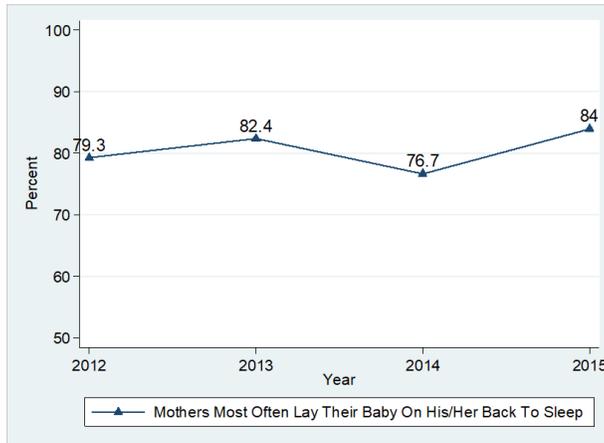
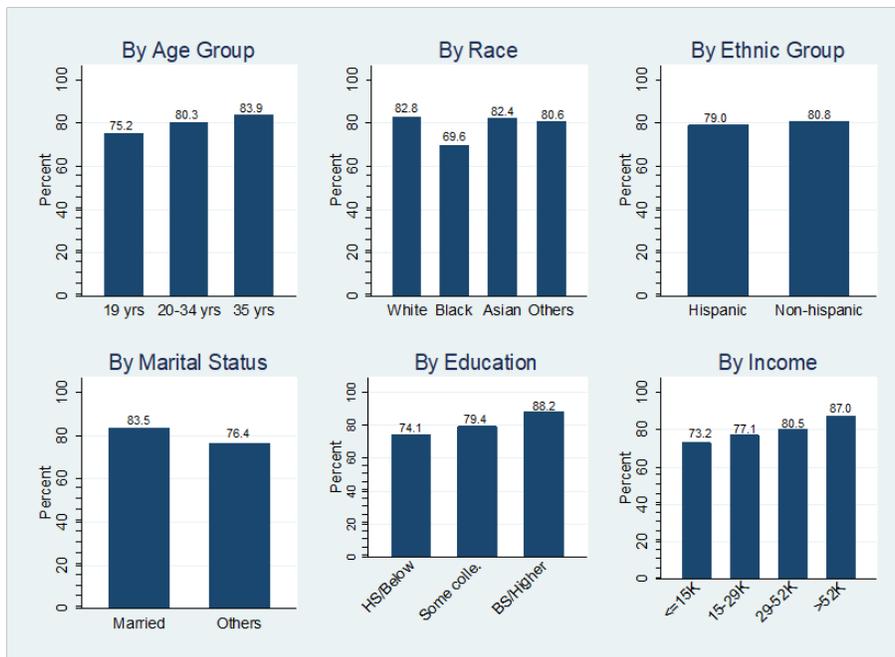


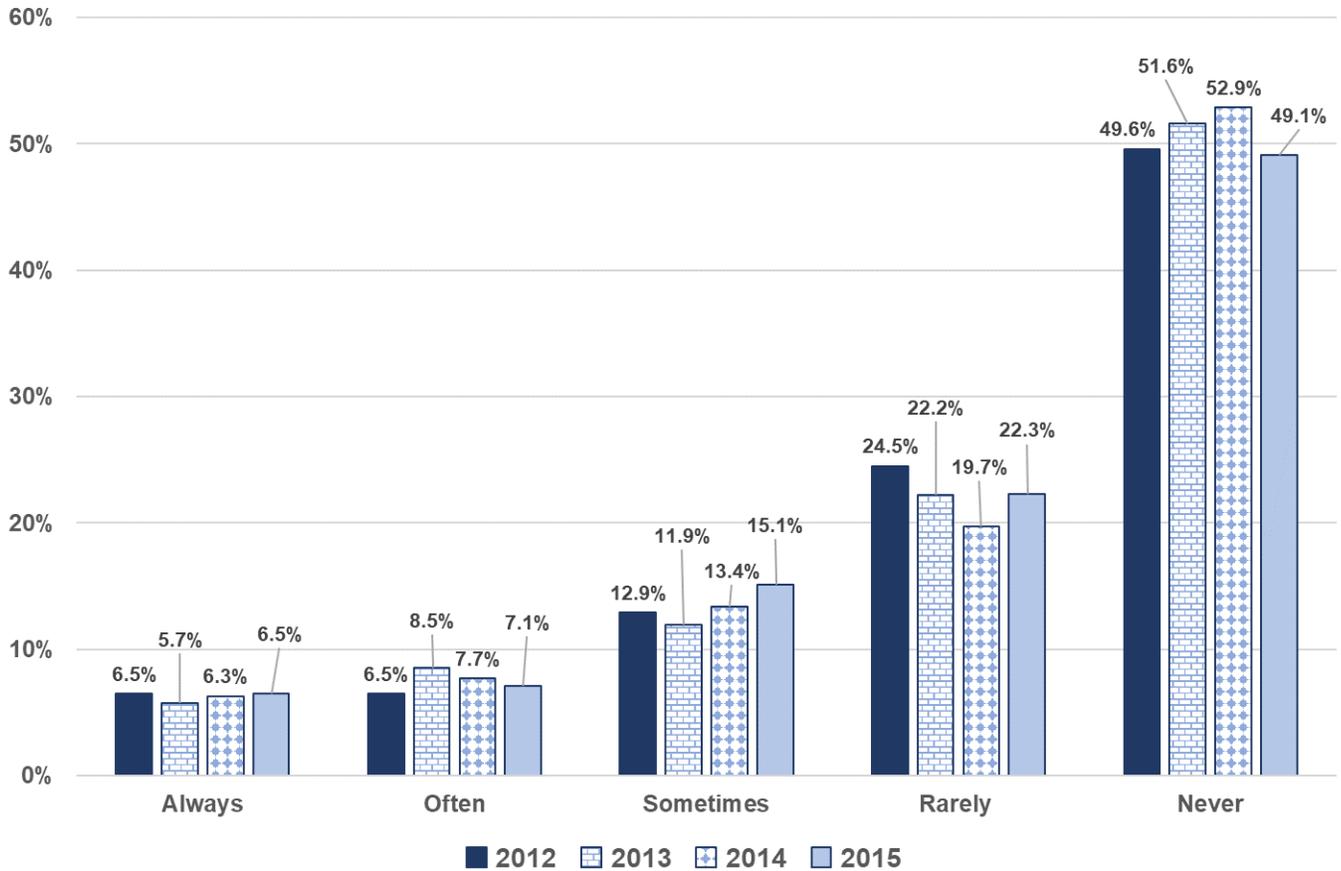
Figure 66. Q61.2: Demographic Characteristics of PRAMS Respondents Reporting They Most Often Lay Their Baby on His/Her Back to Sleep



[‡] The complete Question 61 can be found in Appendix A.
^{*} A CDC PRAMS indicator
[§] Related to PA Title V MCHSBG, 2015-2020 State Action Plan.
[†] Related to Healthy People 2020 indicator, MICH 20.

Question 62: How often does your new baby sleep in the same bed with you or anyone else? †§ Respondents are to select from Always, Often, Sometimes, Rarely, or Never. Figures 62.2 and 62.3 show the respondents who indicated “Never.”

Figure 67. Q62.1: How Often Their New Baby Sleeps in Bed with the PRAMS Respondent or Someone Else



† The complete Question 62 can be found in Appendix A.

§ Related to PA Title V MCHSBG, 2015-2020 State Action Plan.

Figure 68. Q62.2: Percentage of PRAMS Respondents Reporting Their Baby Sleeps in a Separate Bed

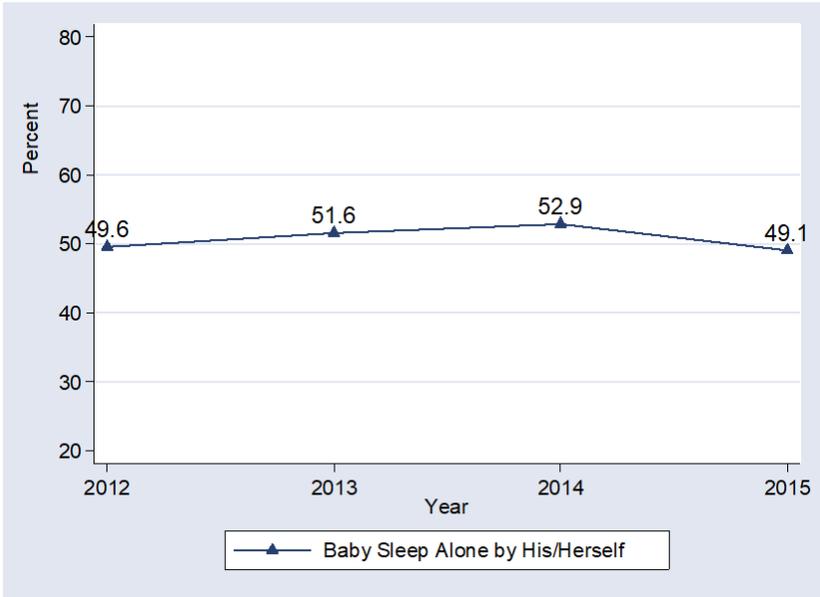
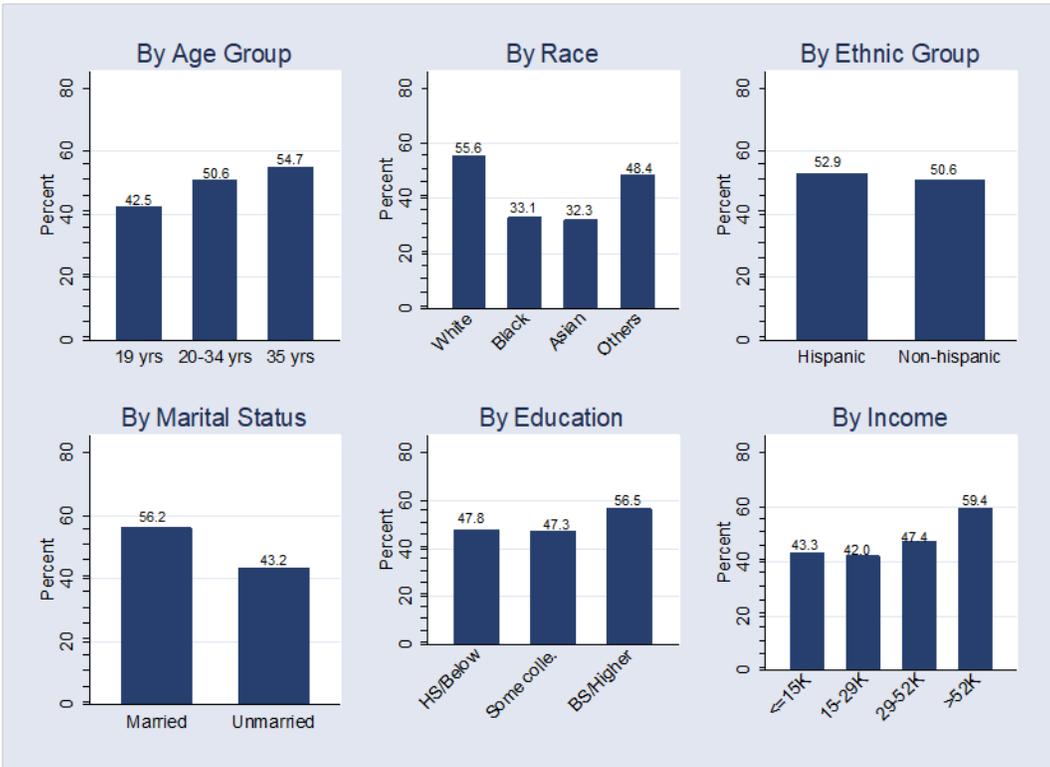


Figure 69. Q62.3: PRAMS Respondents Reporting Their Baby Sleeps In A Separate Bed Stratified By Demographic Information

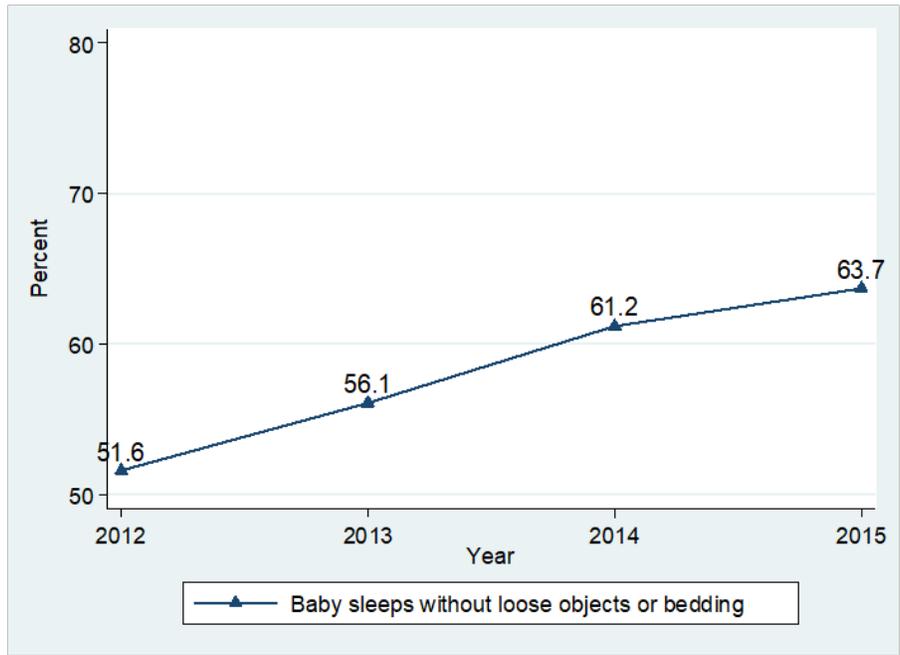


Question 63: Listed below are some things that describe how your new baby usually sleeps.[‡] Respondents are to answer Yes or No to each option.

- a. My new baby sleeps in a crib or portable crib
- b. My new baby sleeps on a firm or hard mattress
- c. My new baby sleeps with pillows
- d. My new baby sleeps with bumper pads
- e. My new baby sleeps with plush or thick blankets
- f. My new baby sleeps with stuffed toys
- g. My new baby sleeps with an infant positioner
- h. My new baby sleeps with me or another person

Indicator: New baby sleeps without loose objects or bedding[§] Respondents answered No to options c-g.

Figure 70. Q63.1: Percentage of PRAMS Respondents Reporting Their Baby Usually Sleeps Without Loose Objects/Bedding

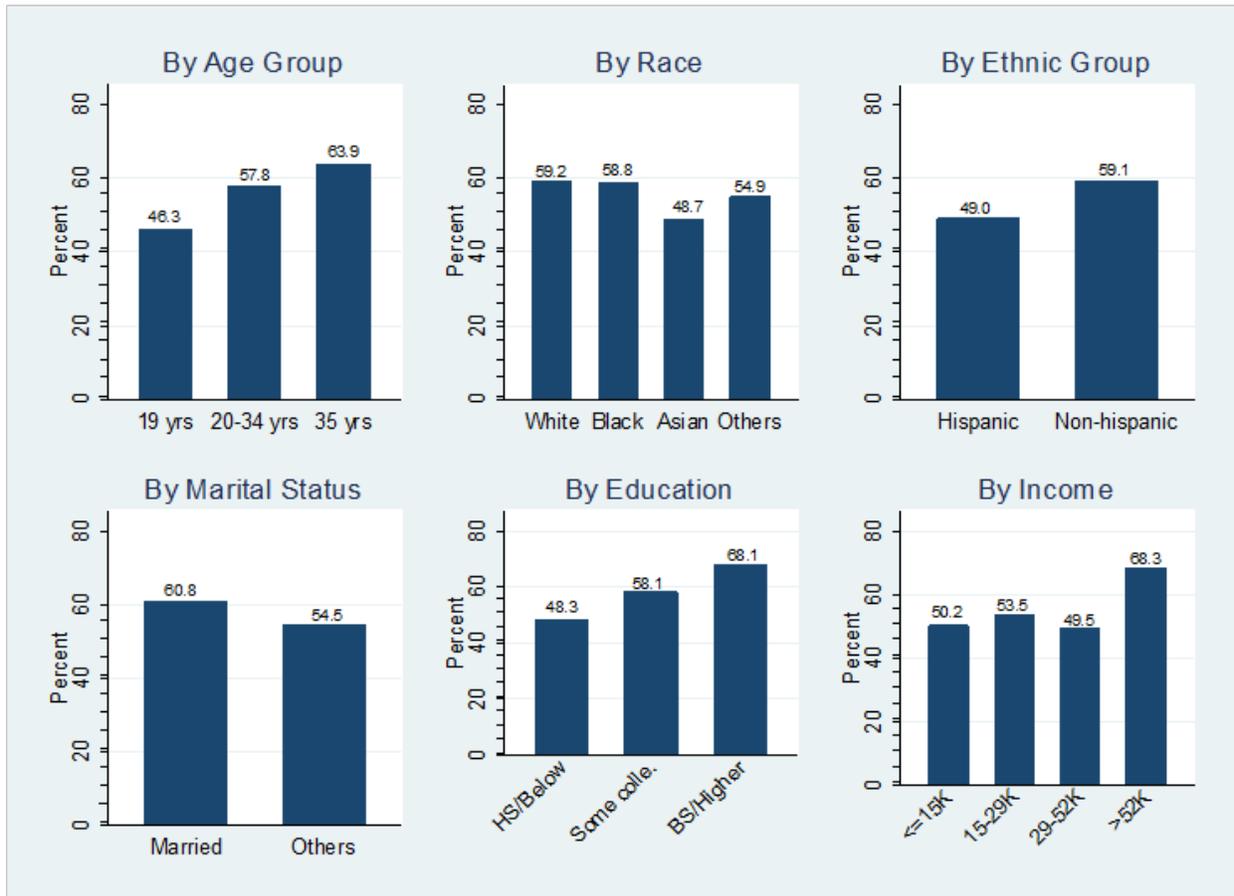


[‡] The complete Question 63 can be found in Appendix A.

^{††} Similar information available in Question 69 of the PA PRAMS Phase 8 survey. The information found in options b-e above is still available while the other options have been modified or changed. Option h above is similar to Question 67 of the Phase 8 survey.

[§] Related to PA Title V MCHSBG, 2015-2020 State Action Plan

Figure 71. Q63.2: Demographic Characteristics of PRAMS Respondents Reporting Their Baby Usually Sleeps Without Loose Objects/Bedding



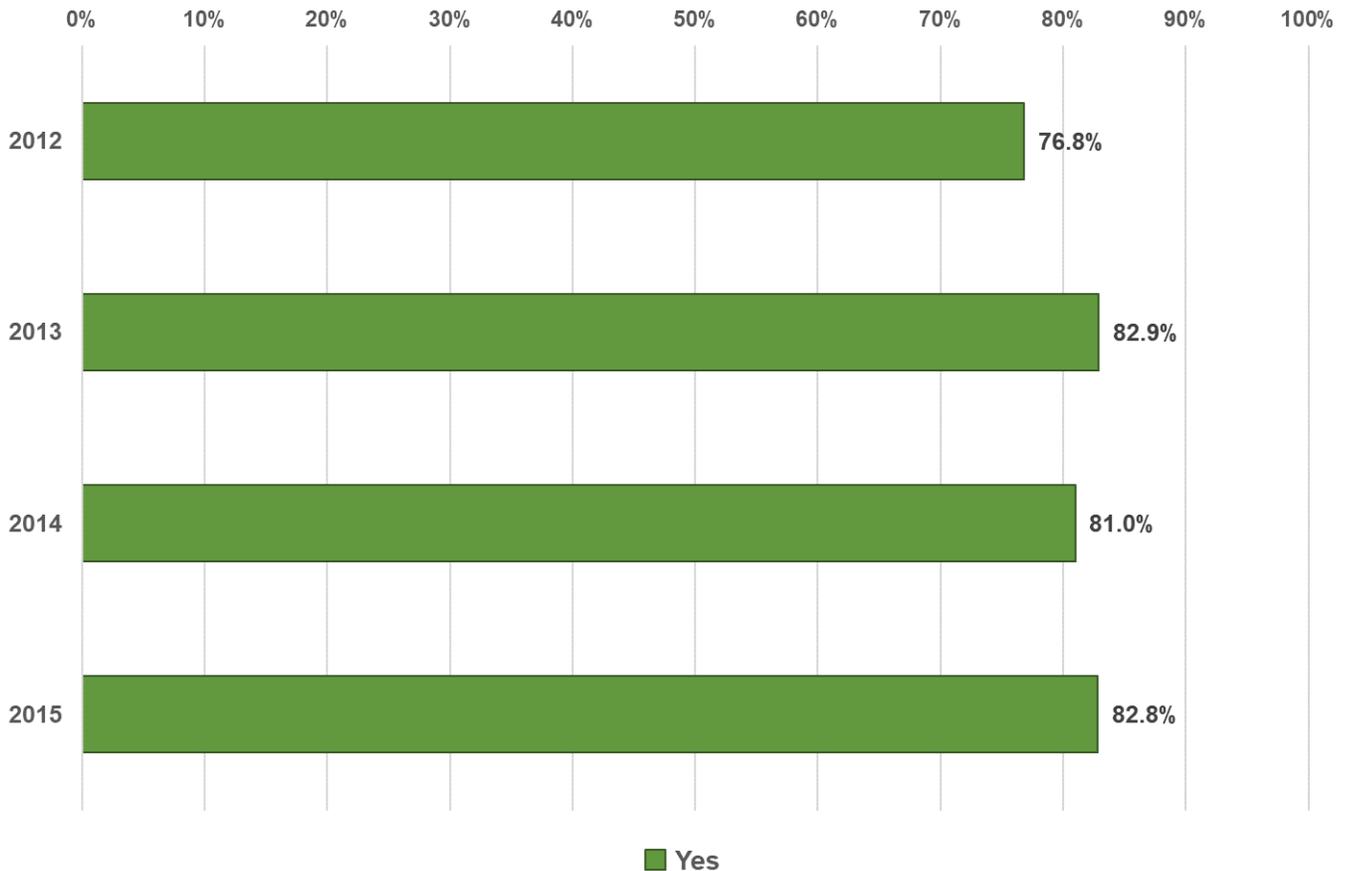
IX. Breastfeeding

This section presents figures and tables from the PA PRAMS Phase 7 survey questions related to breastfeeding.

Question 22: During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? ‡ Respondents are to answer Yes or No to each option.

c. Breastfeeding my baby

Figure 72. Q22c: Percentage of PRAMS Respondents Who Had a Health Care Worker Talk With Them During a Prenatal Visit About Breastfeeding

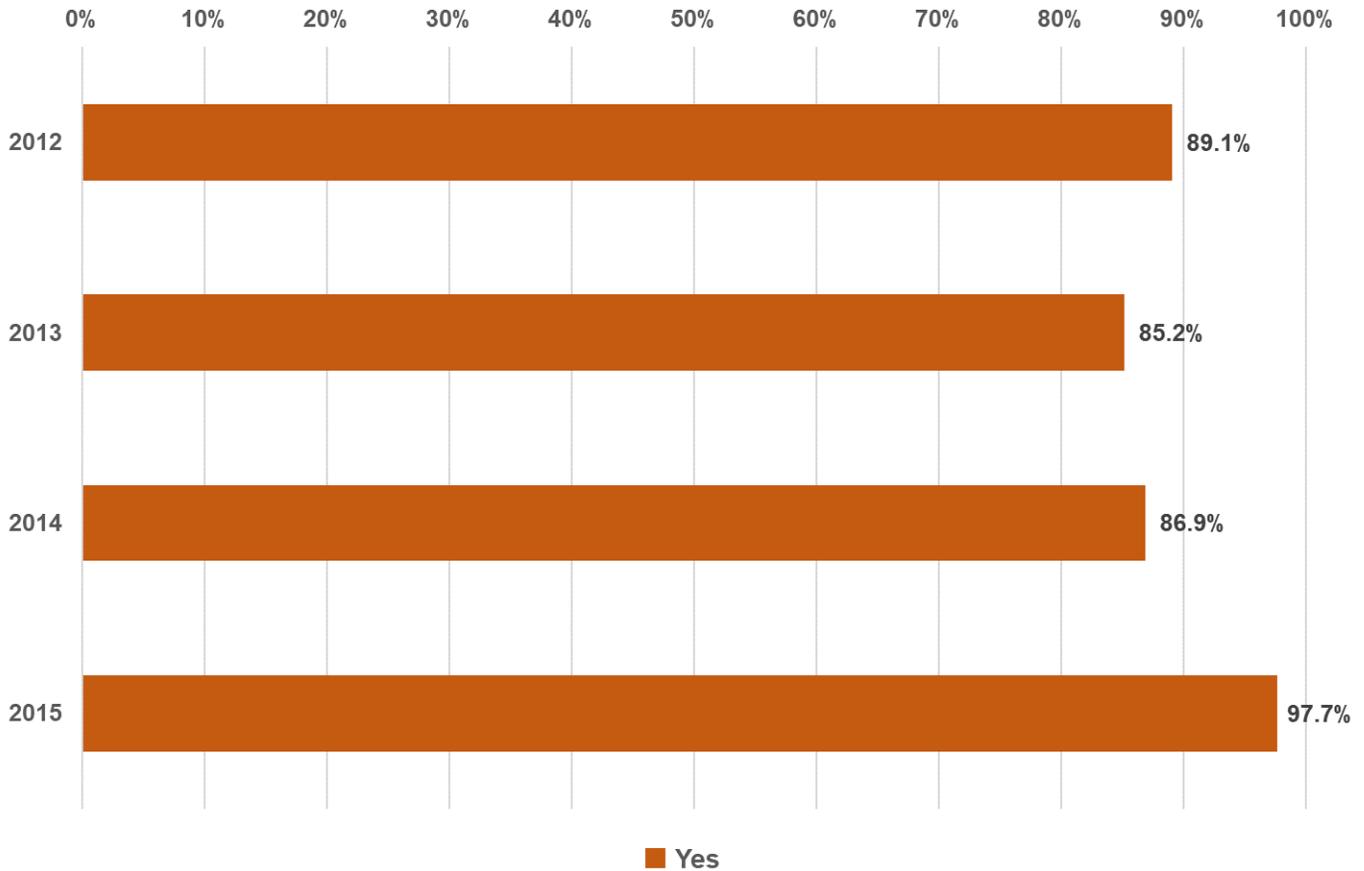


‡ The complete Question 22 can be found in Appendix A.

Question 32: During your most recent pregnancy, did the home visitor who came to your home talk with you about any of the things listed below? † Respondents are to answer Yes or No to each option.

f. Breastfeeding my baby

Figure 73. Q32f: Percentage of PRAMS Respondents Who Had a Home Visitor Talk With Them During Their Pregnancy About Breastfeeding



† The complete Question 32 can be found in Appendix A.

Question 55: Did you ever breastfeed or pump breast milk to feed your new baby, even for a short period of time?^{*§†} This is a Yes or No question.

Figure 74. Q55.1: PRAMS Respondents Reporting They Have Ever Breastfed/Pumped Milk To Feed Their New Baby

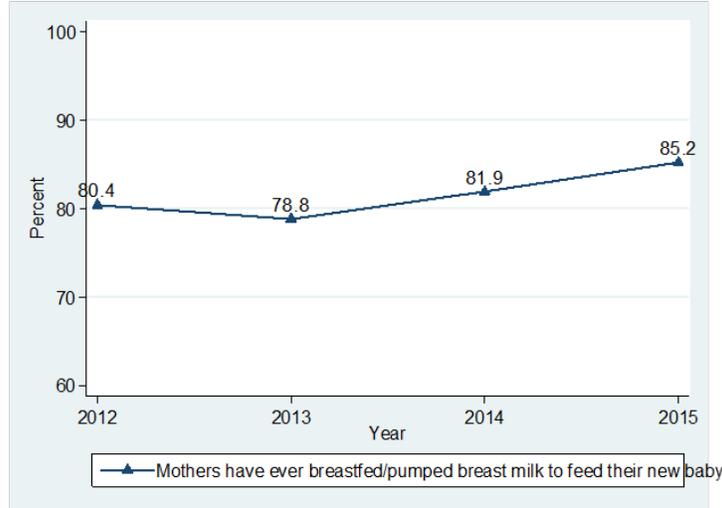
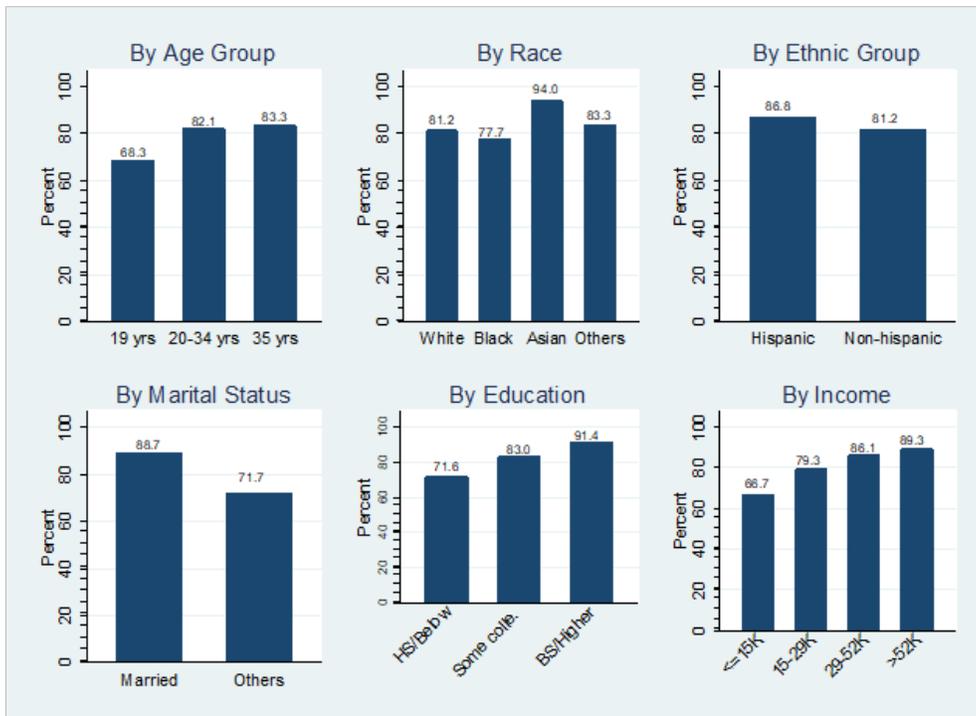


Figure 75. Q55.2: Demographic Characteristics of PRAMS Respondents Reporting They Have Ever Breastfed/Pumped Milk To Feed Their New Baby



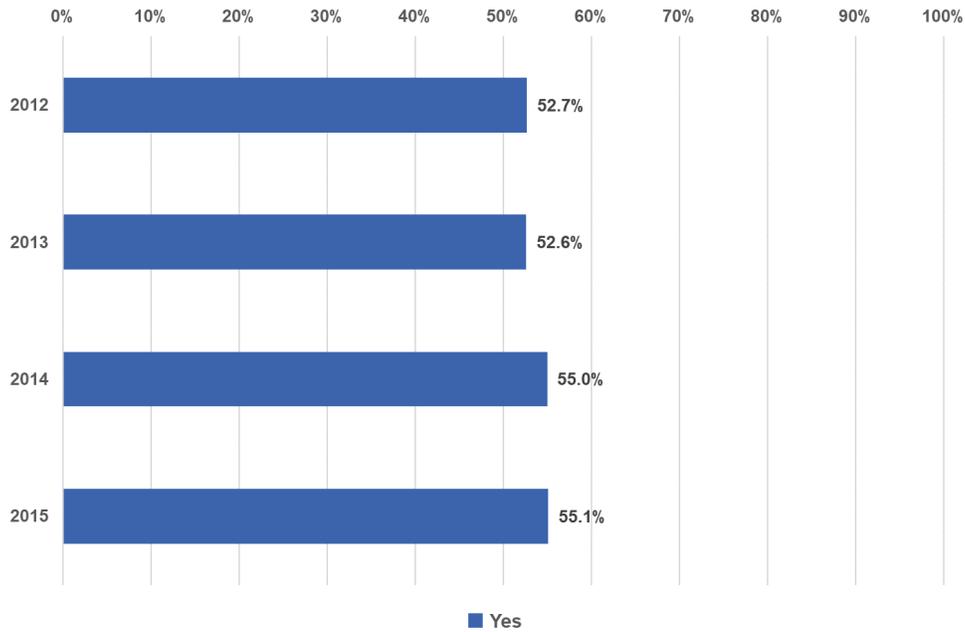
* A CDC PRAMS indicator

§ Related to PA Title V MCHSBG, 2015-2020 State Action Plan.

† Related to Healthy People 2020 indicator, MICH 21.

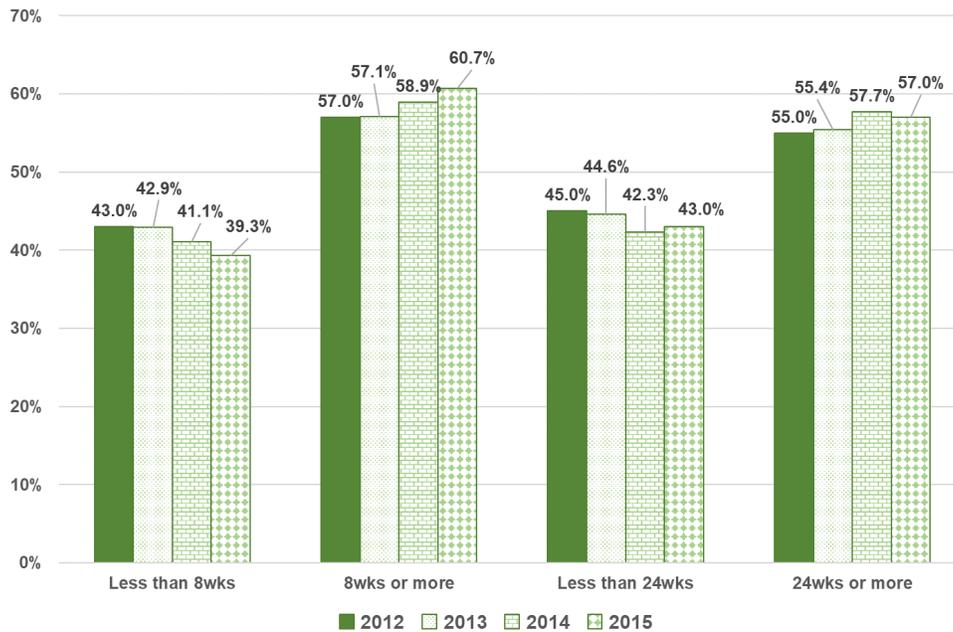
Question 56: Are you currently breastfeeding or feeding pumped milk to your new baby? This is a Yes or No question.

Figure 76. Q56: Percentage of PRAMS Respondents Reporting They Were Currently Breastfeeding



Question 57: How many weeks or months did you breastfeed or pump milk to feed your baby? * § Respondents are to indicate the number of weeks or months or select less than one week. Responses were then grouped in accordance with CDC indicators.

Figure 77. Q57: PRAMS Respondents Reported Number of Weeks of Breastfeeding



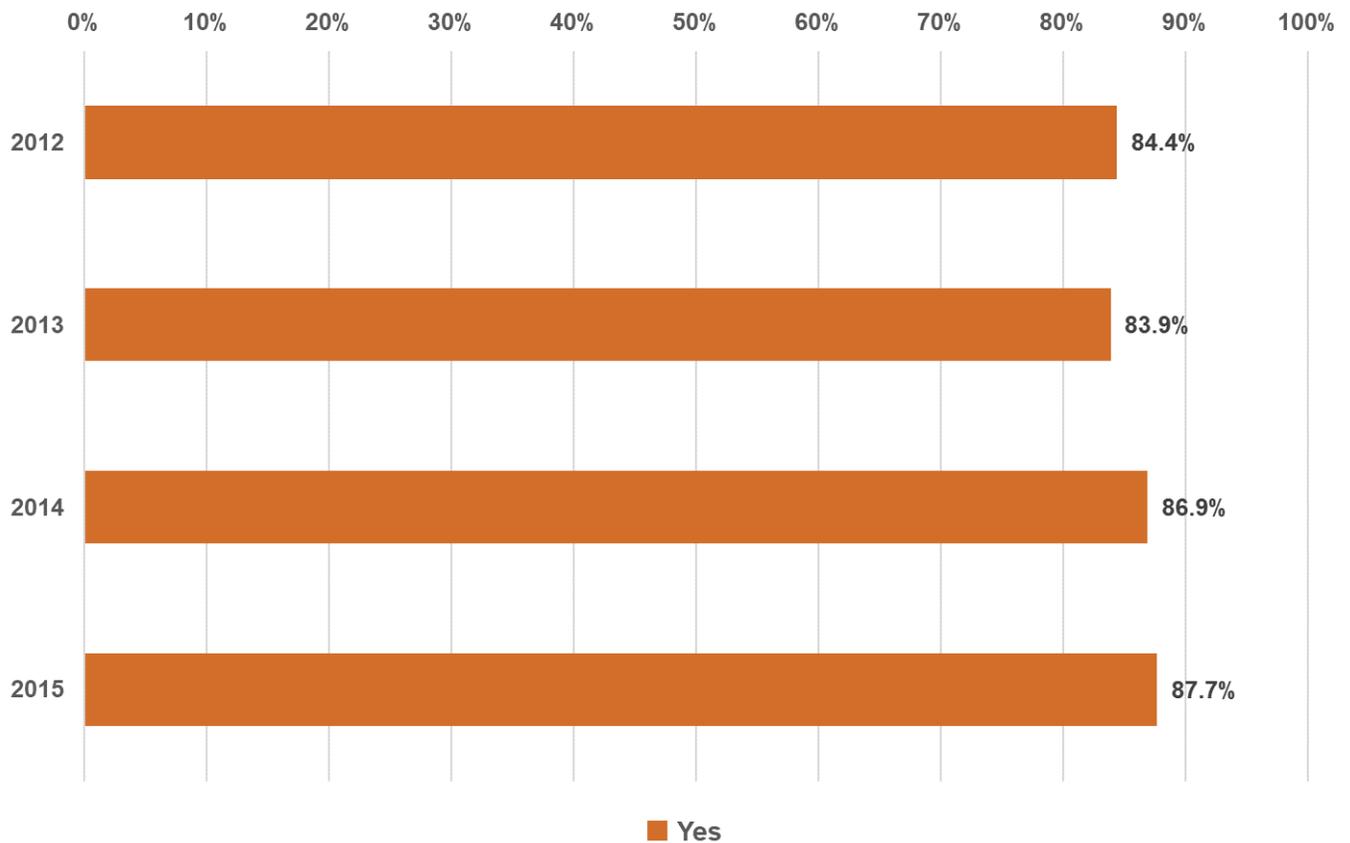
* A CDC PRAMS indicator

§ Related to PA Title V MCHSBG, 2015-2020 State Action Plan.

Question 59: Since your new baby was born, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? ‡ Respondents are to answer Yes or No to each option.

a. Help with or information about breastfeeding**

Figure 78. Q59a: Percentage of PRAMS Respondents Reporting a Health Care Worker Talked with Them Since Their New Baby Was Born About Help or Information About Breastfeeding



‡ The complete Question 59 can be found in Appendix A.

** Similar information specific to home visitors available in Question 72a of the PA PRAMS Phase 8 survey.

X. Injury

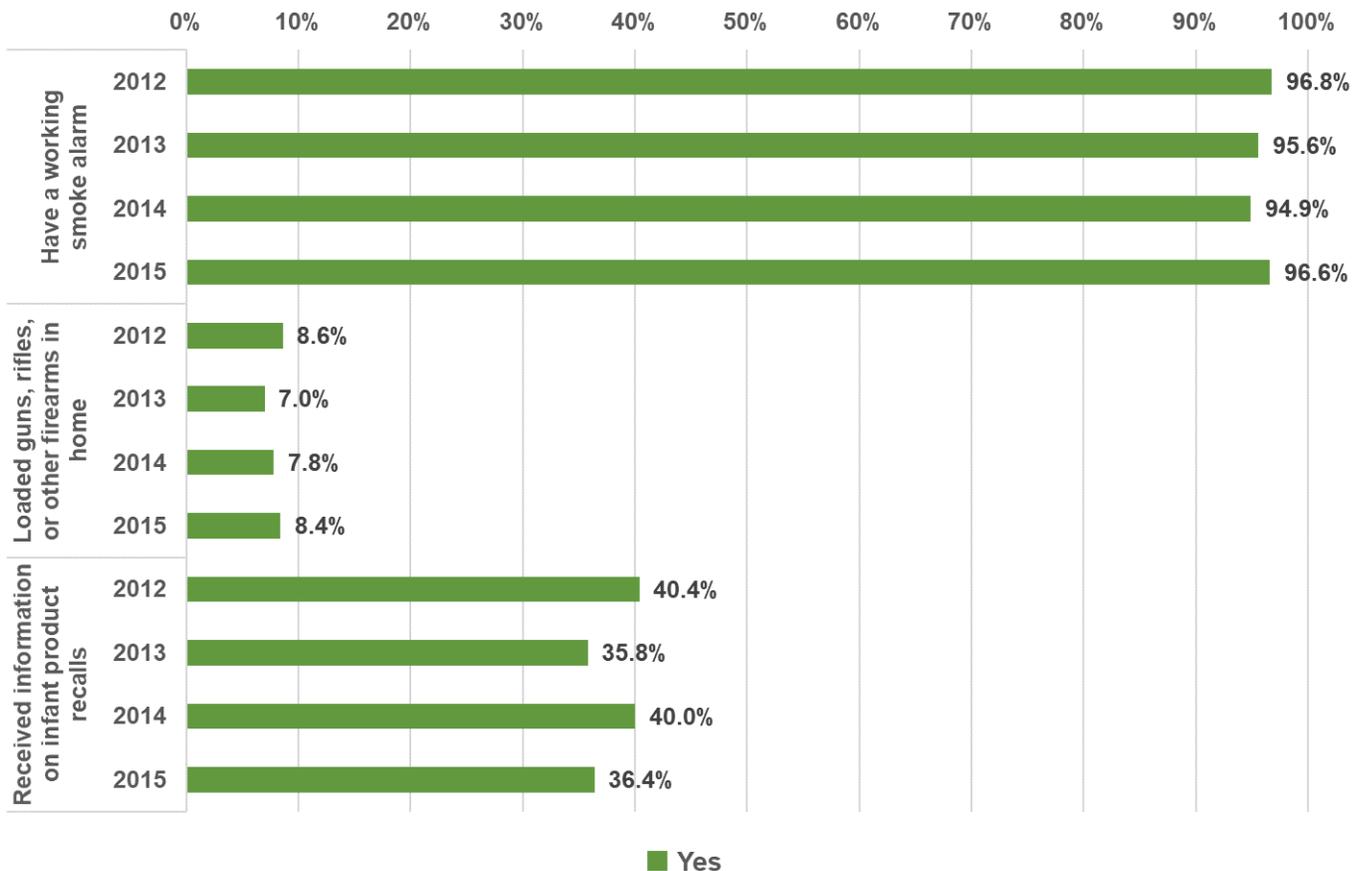
This section presents figures and tables from the PA PRAMS Phase 7 survey questions related to respondents' injury prevention behaviors in both the home and in a car.

A. In the Home

Question 76: Listed below are some statements about safety. ‡ Respondents are to answer Yes or No to each option.

- b. My home has a working smoke alarm
- c. There are loaded guns, rifles, or other firearms in my home
- d. I have received information about infant products that should be taken off the market (product recalls) since my new baby was born

Figure 79. Q76b,c,d: Percentage of PRAMS Respondents Reporting on Home Safety Topics



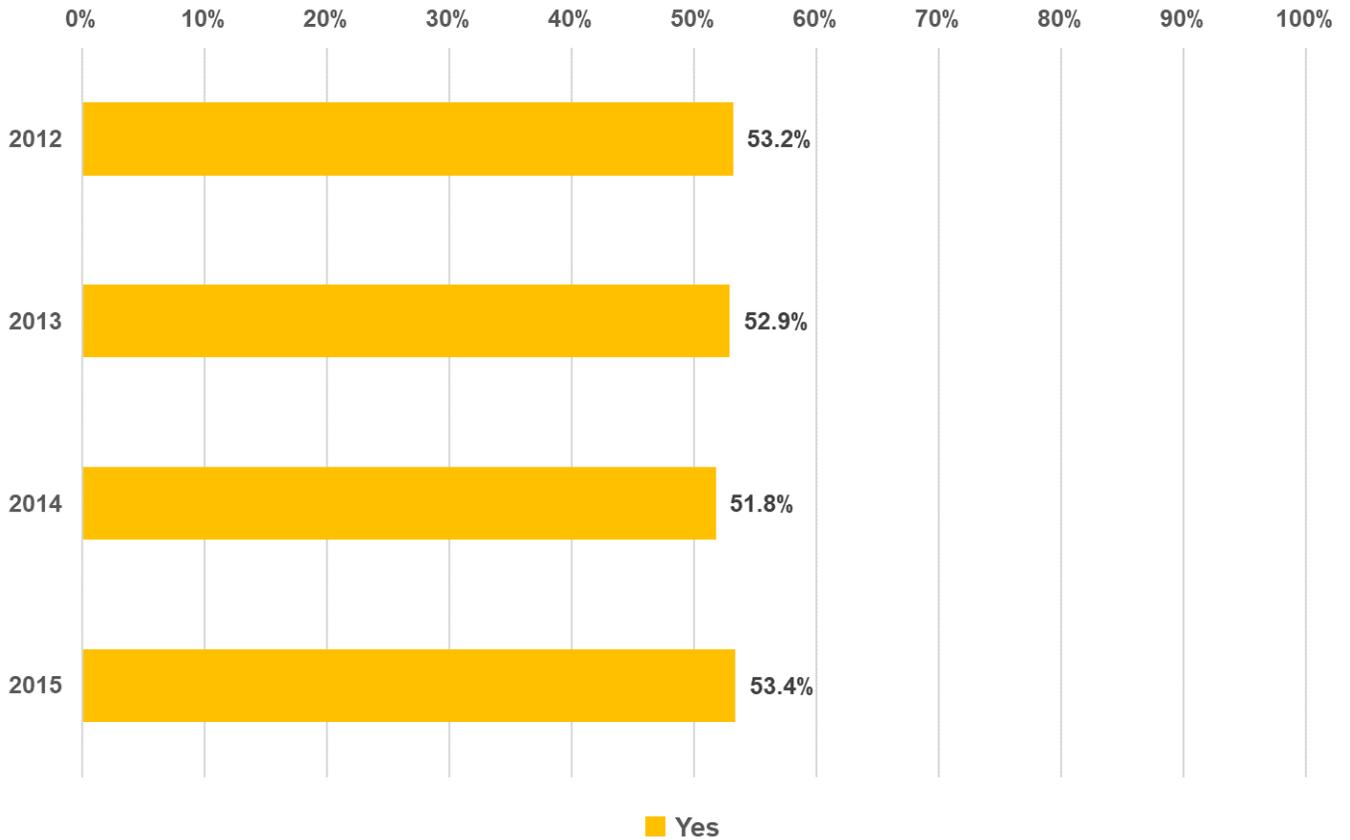
‡ The complete Question 76 can be found in Appendix A.

B. In the Car

Question 22: During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below?[‡] Respondents are to answer Yes or No to each option.

- e. Using a seat belt during my pregnancy

Figure 80. Q22e: Percentage of PRAMS Respondents Who Had a Health Care Worker Talk With Them During a Prenatal Visit About Using a Seat Belt During Their Pregnancy

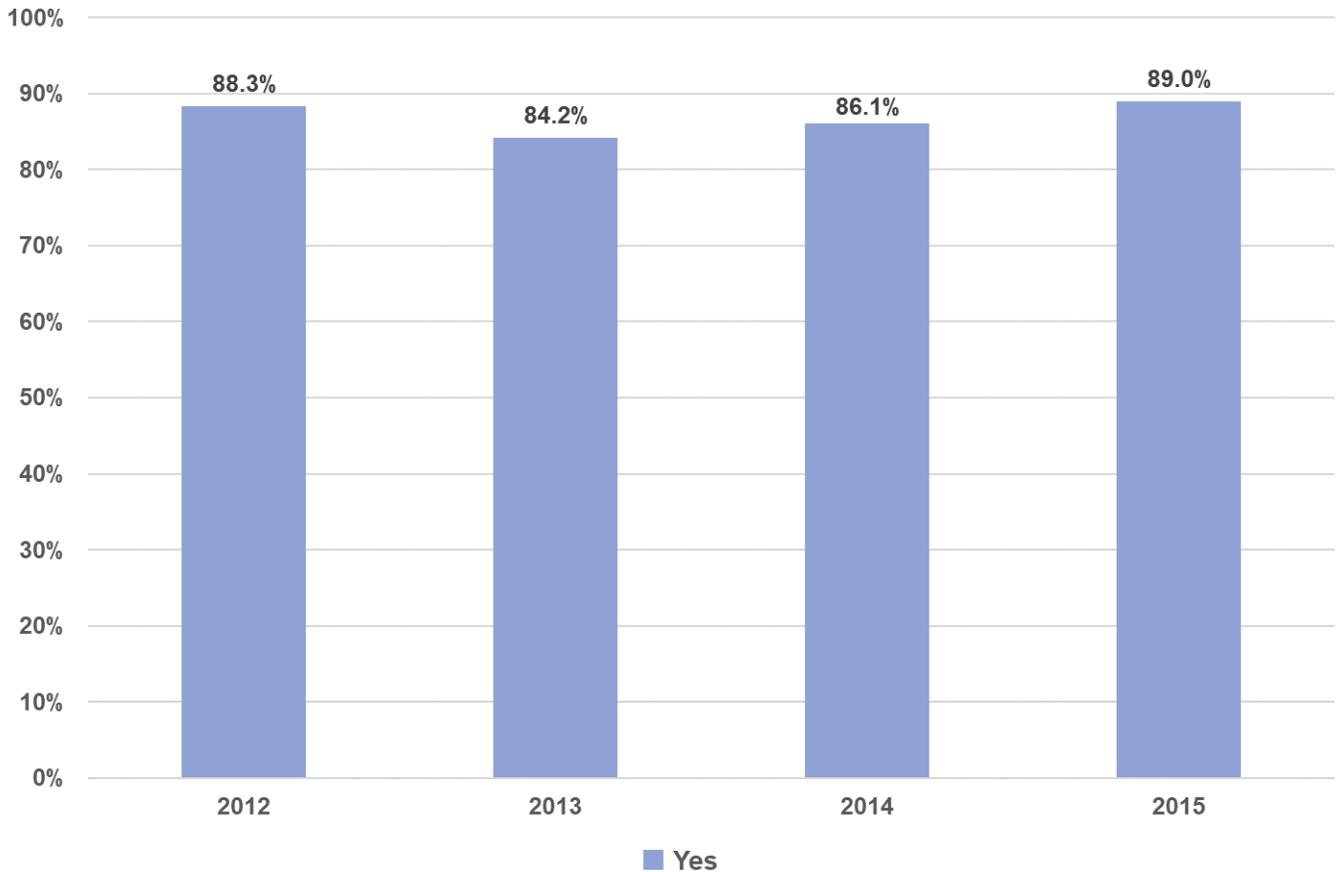


[‡] The complete Question 22 can be found in Appendix A.

Question 76: Listed below are some statements about safety.‡ Respondents are to answer Yes or No to each option.

- a. I always used a seat belt during my most recent pregnancy

Figure 81. Q76a: Percentage of PRAMS Respondents Who Always Used a Seat Belt During Their Most Recent Pregnancy

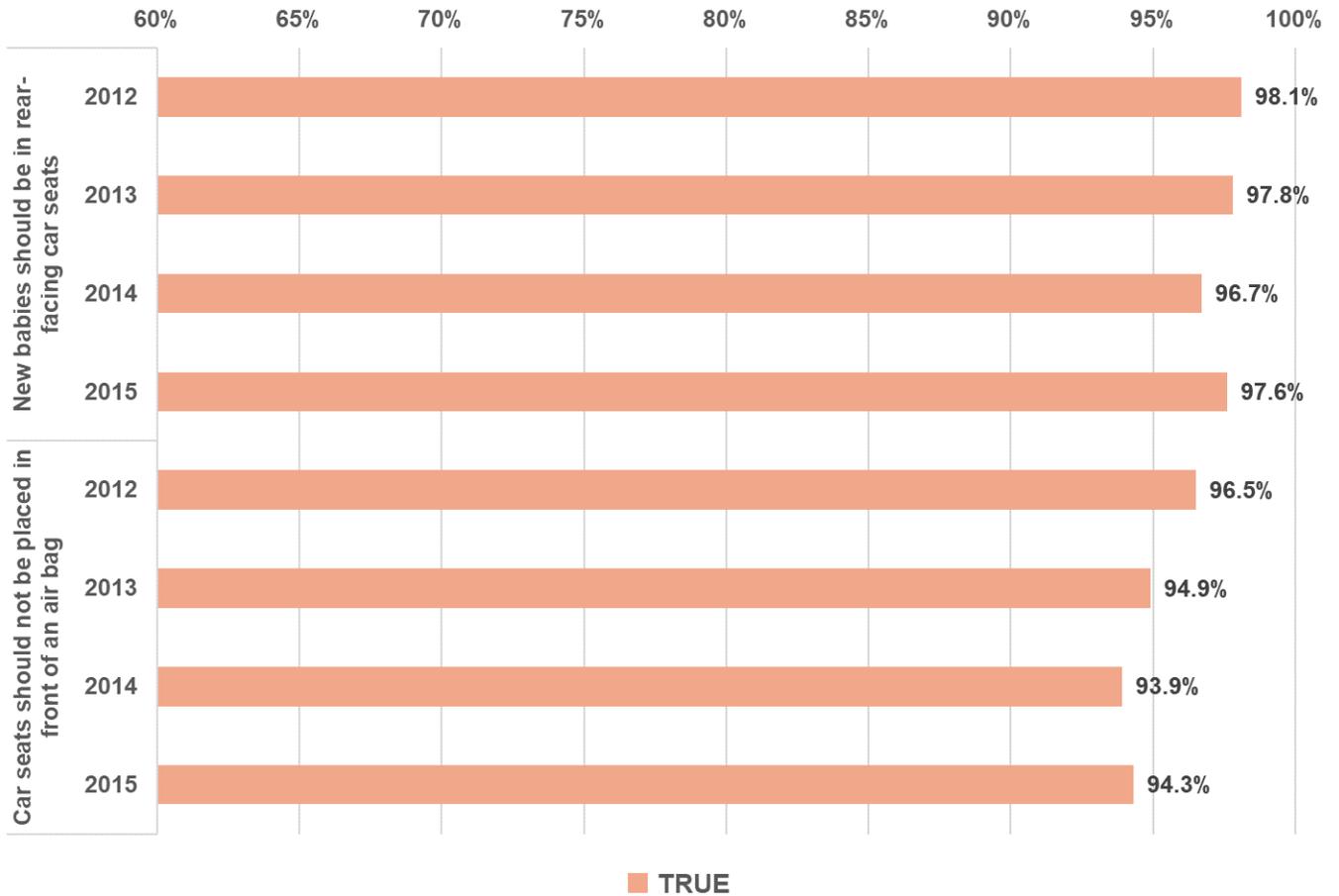


‡ The complete Question 76 can be found in Appendix A.

Question 77: Listed below are some statements about infant car seats.** Respondents are to answer True or False to each option.

- a. New babies should be in rear-facing car seats
- b. Car seats should not be placed in front of an air bag

Figure 82.Q77: PRAMS Respondents Reporting on Statements About Car Seats



** Question or option not available in the PA PRAMS Phase 8 survey.

XI. Mental Health

The section presents figures and tables from the PA PRAMS Phase 7 survey questions related to respondents mental health.

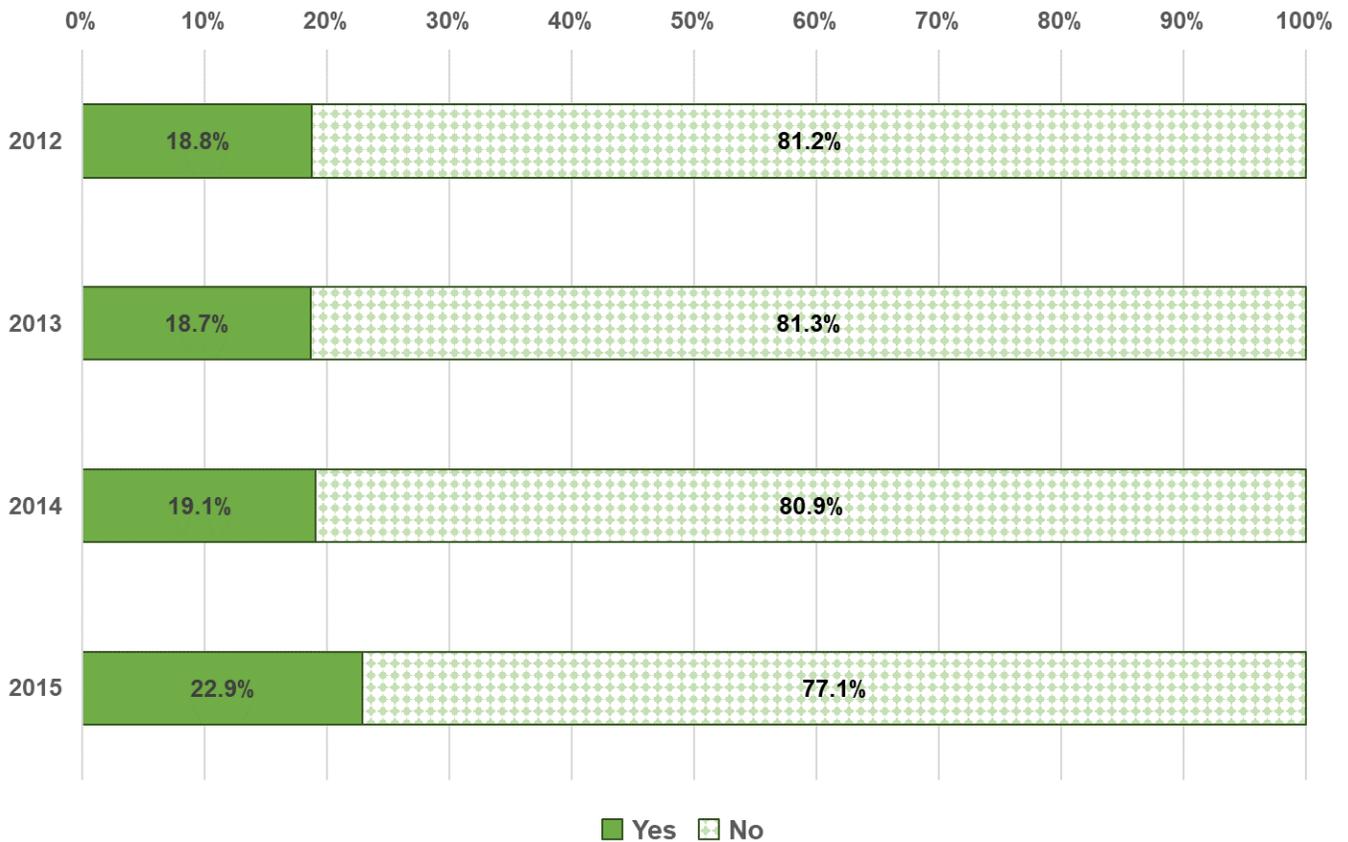
A. Depression

1. Before Pregnancy

Question 7: At any time during the 12 months before you got pregnant with your new baby, did you do any of the following things? † Respondents are to answer Yes or No to each option.

f. I visited a health care worker and was checked for depression or anxiety**

Figure 83. Q7f: Percentage of PRAMS Respondents Reporting They Visited a Health Care Worker and Were Checked For Depression or Anxiety in the 12 Months Before Pregnancy



† The complete Question 7 can be found in Appendix A.

** Similar information available in Question 12f of the PA PRAMS Phase 8 survey.

Question 11: Before you got pregnant with your new baby, did doctor, nurse or other health care worker tell you that you had:

c. Depression^{***} Respondents are to answer Yes or No to each option.

Figure 84. Q11c.1: Percentage of PRAMS Respondents Told by a Health Care Provider They Had Depression Before They Got Pregnant

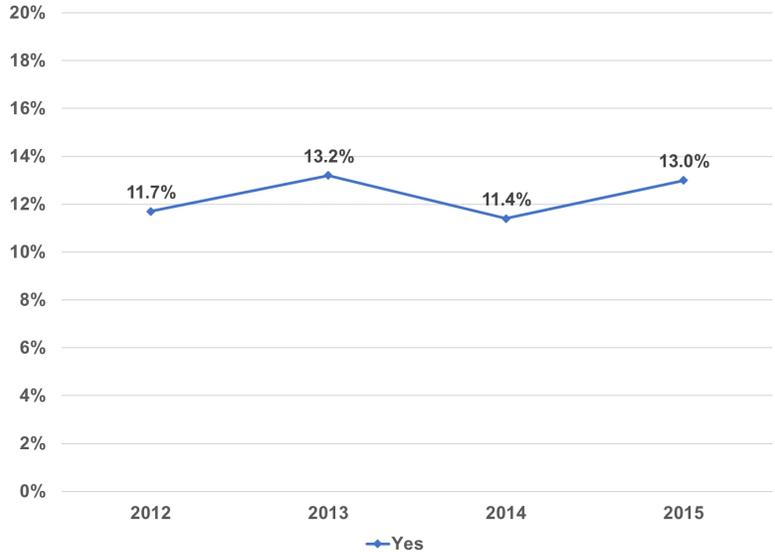
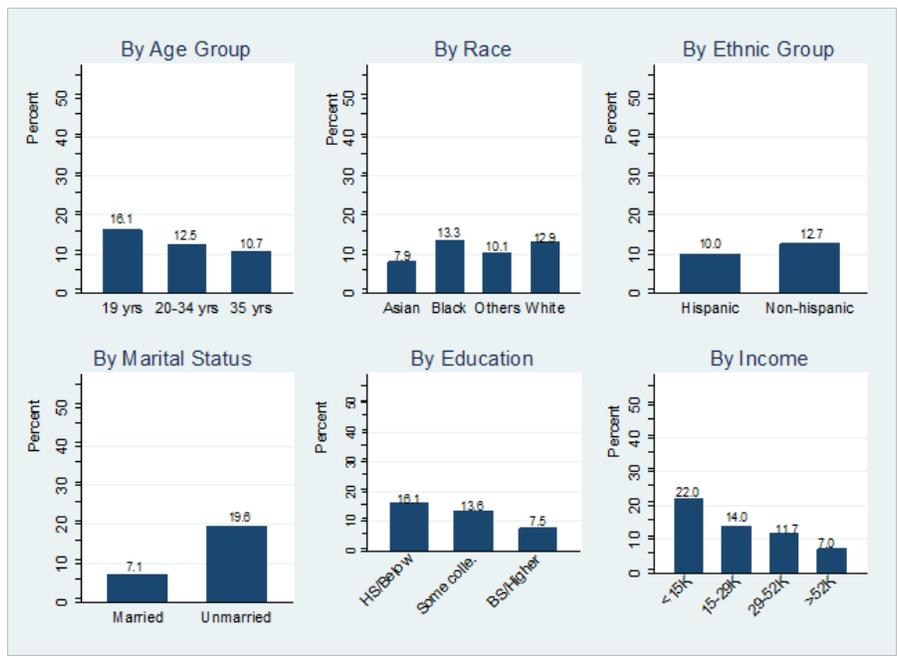


Figure 85. Q11c.2: Demographic Characteristics of PRAMS Respondents Told by a Health Care Provider They Had Depression Before They Got Pregnant



^{*} A CDC PRAMS indicator

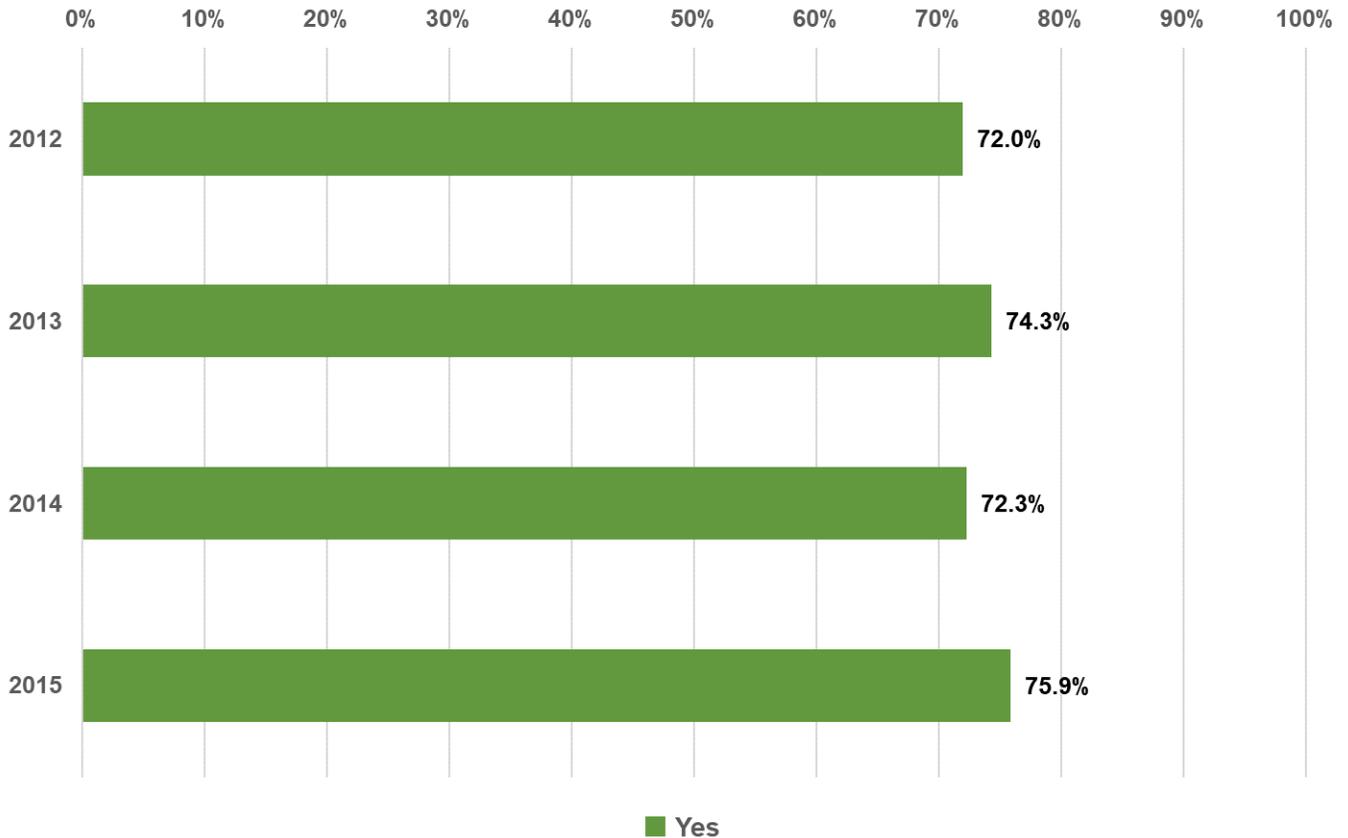
^{**} Similar information available in Question 9c of the PA PRAMS Phase 8 survey where respondents are asked if they had any of 10 listed conditions in the 3 months before pregnancy.

2. During Pregnancy

Question 22: During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below?[‡] Respondents are to answer Yes or No to each option.

k. What to do if I feel depressed during my pregnancy or after my baby is born

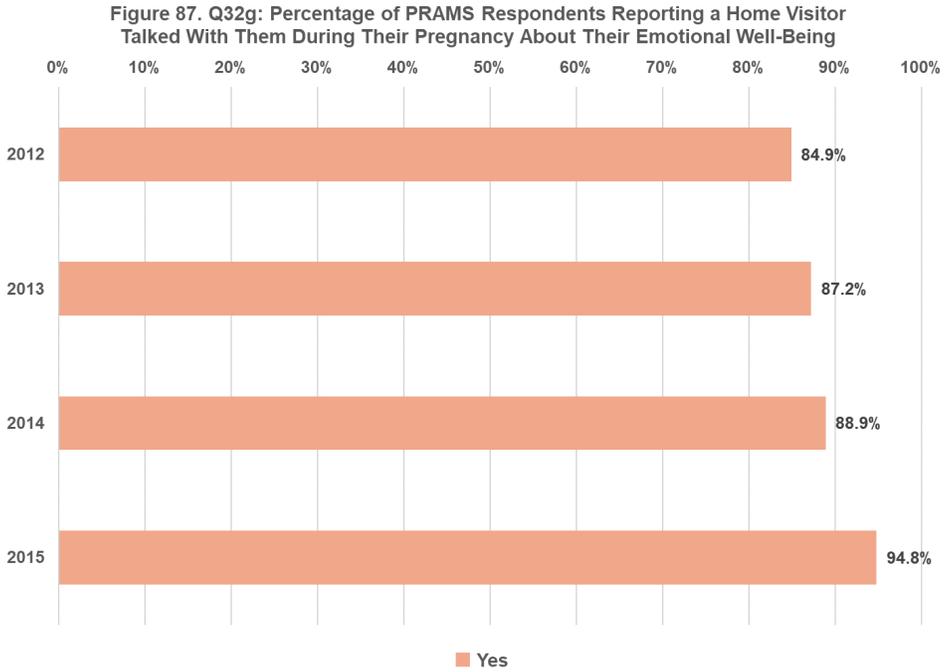
Figure 86. Q22k: Percentage of PRAMS Respondents Who Had Health Care Worker Talk With Them During a Prenatal Visit About What to do if They Felt Depressed During Their Pregnancy or After the Baby Was Born



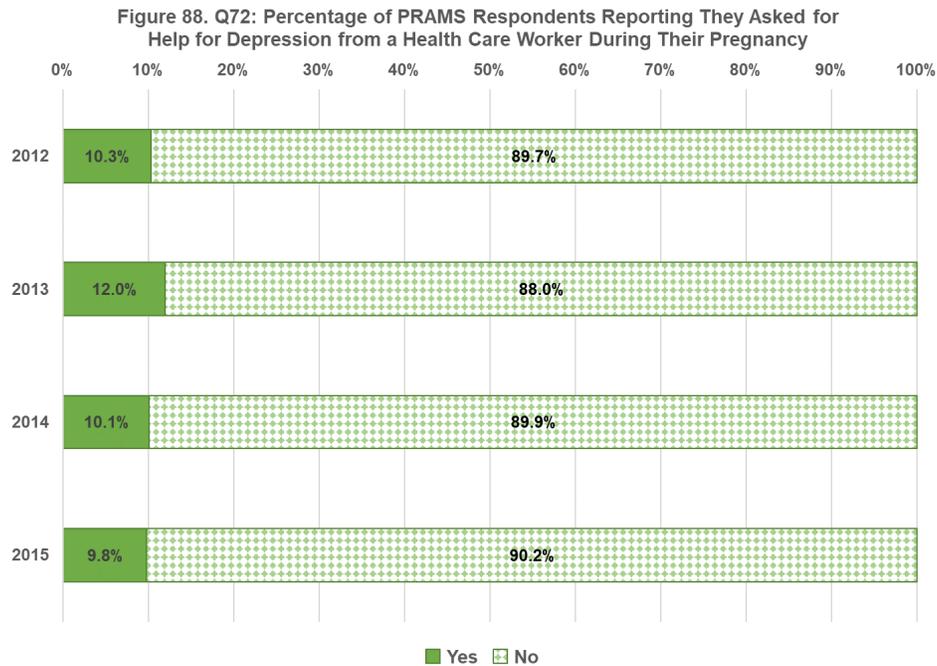
[‡] The complete Question 22 can be found in Appendix A.

Question 32: During your most recent pregnancy, did the home visitor who came to your home talk with you about any of the things listed below? Respondents are to answer Yes or No to each option.

g. My emotional well-being



Question 72: At any time during your most recent pregnancy, did you ask for help for depression from a doctor, nurse, or other health care worker?** This is a Yes or No question.



** Similar information available in Question 38 of the PA PRAMS Phase 8 survey.

Question 73: At any time during your most recent pregnancy, did a doctor, nurse, or other health care worker tell you that you had depression?** This is a Yes or No question.

Figure 89. Q73.1: Percentage of PRAMS Respondents Told by A Health Care Worker They Had Depression During Their Pregnancy

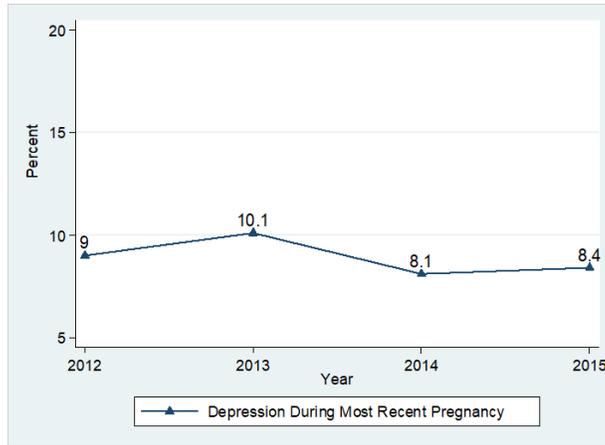
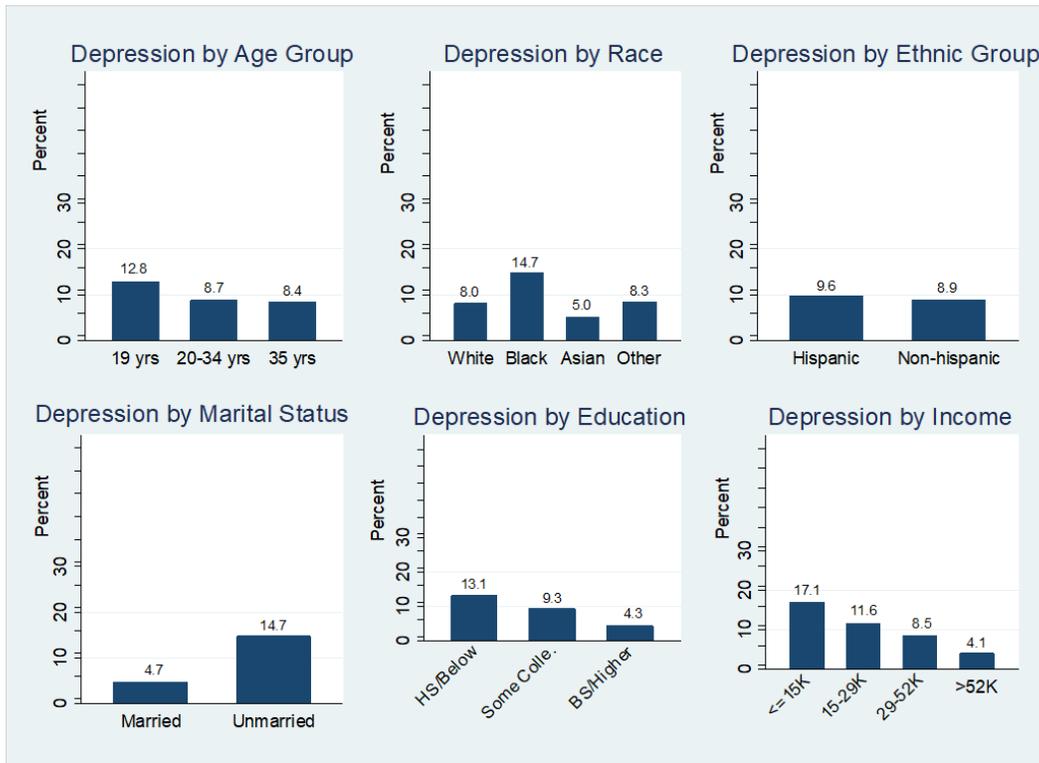


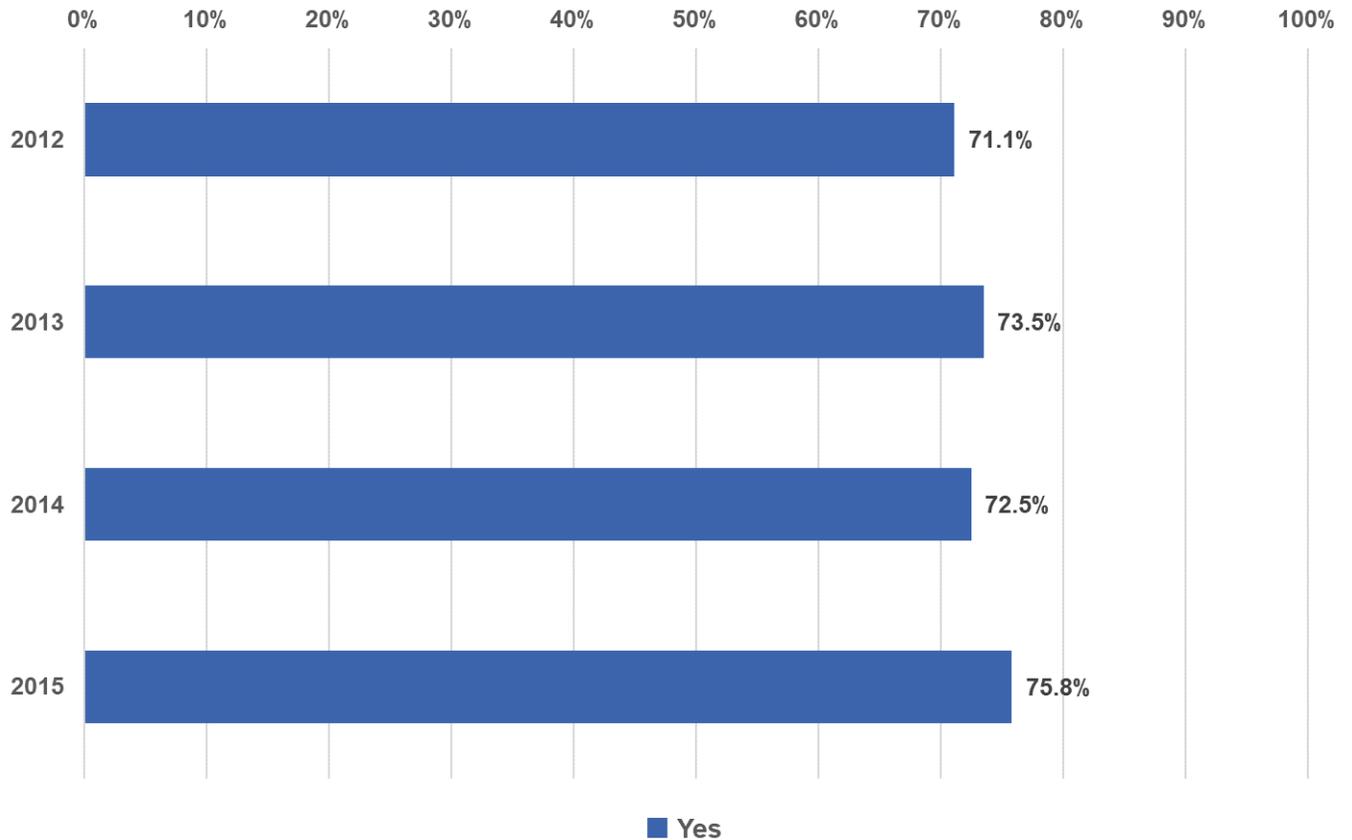
Figure 90. Q73.2: Demographic Characteristics of PRAMS Respondents Told By A Healthcare Worker They Had Depression During Their Pregnancy



** Similar information available in Question 37c of the PA PRAMS Phase 8 survey.

Question 74: At any time during your most recent pregnancy or after delivery, did a doctor, nurse, or other health care worker talk with you about "baby blues" or postpartum depression? This is a Yes or No question.

Figure 91. Q74: Percentage of PRAMS Respondents Reporting a Health Care Worker Talked With Them at Any Time During Their Pregnancy About "Baby Blues" or Postpartum Depression

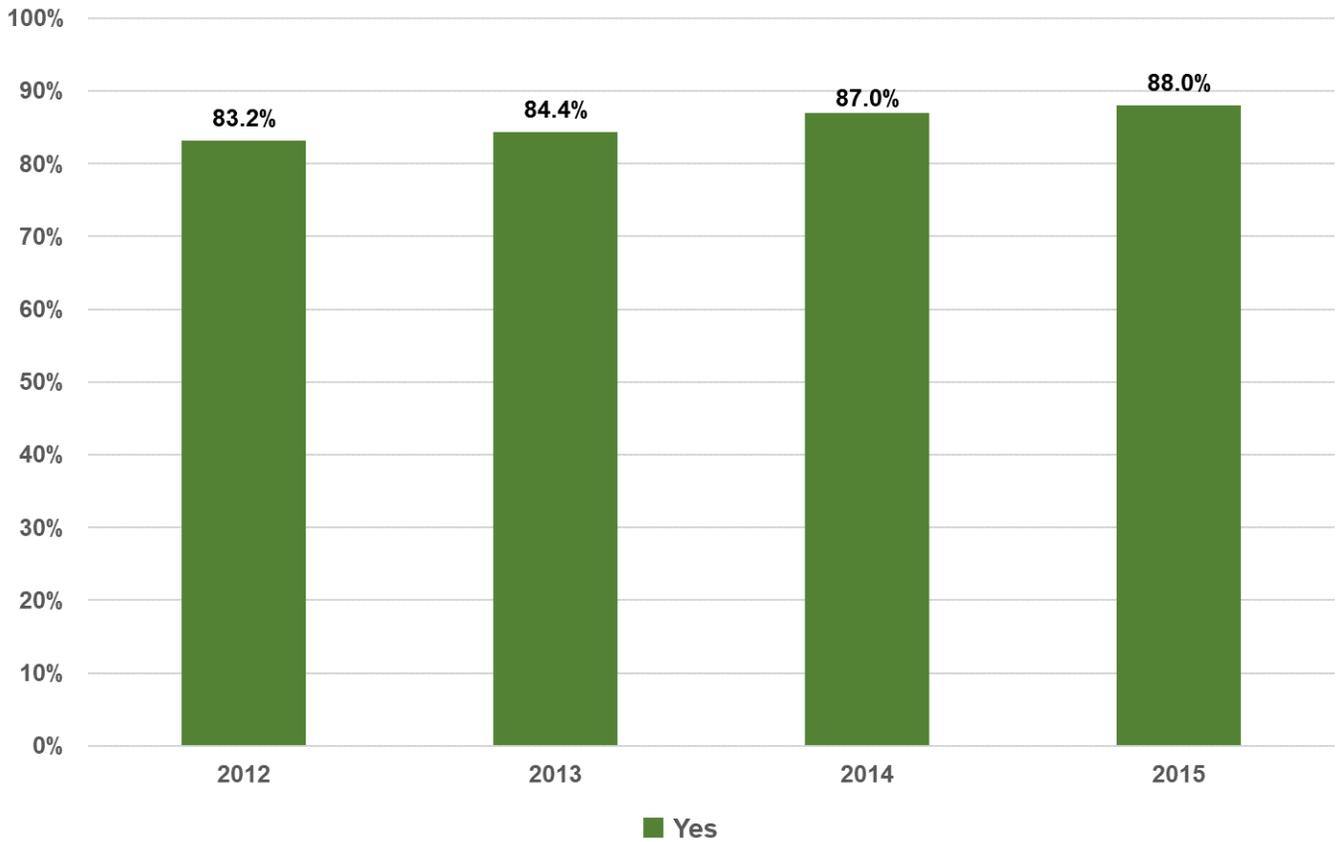


3. Postpartum

Question 59: Since your new baby was born, did a doctor, nurse, or other health care worker talk with you about any of the things listed below?[‡] Respondents are to answer Yes or No to each option.

d. Postpartum depression^{**}

Figure 92. Q59d: Percentage of PRAMS Respondents Reporting a Health Care Worker Talked With Them About Postpartum Depression Since Their Baby Was Born

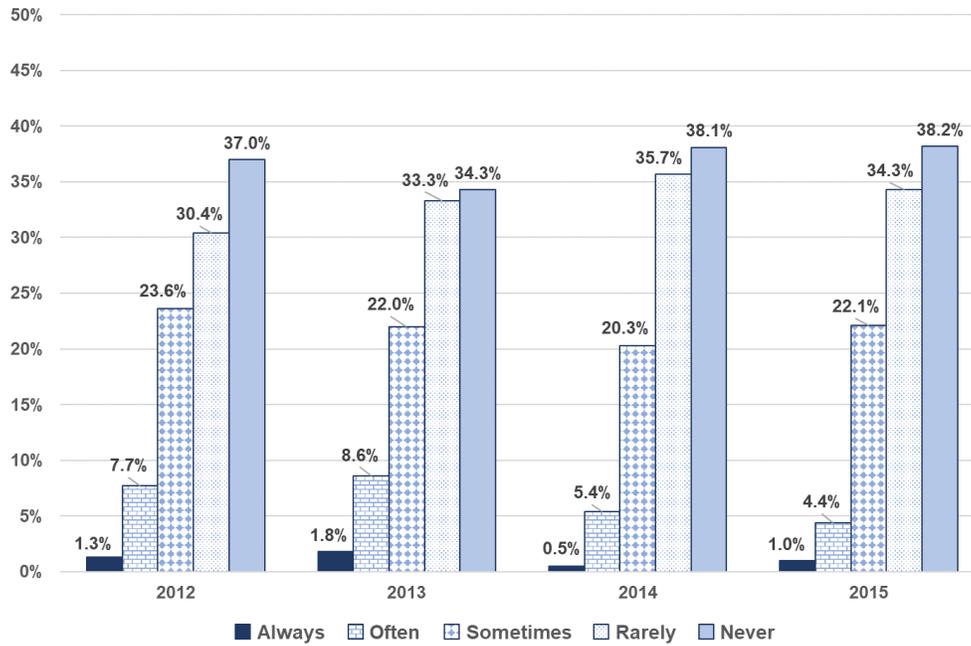


[‡] The complete Question 59 can be found in Appendix A.

^{**} Similar information available in Question 77i of the PA PRAMS Phase 8 survey which is specific to actions during the postpartum checkup.

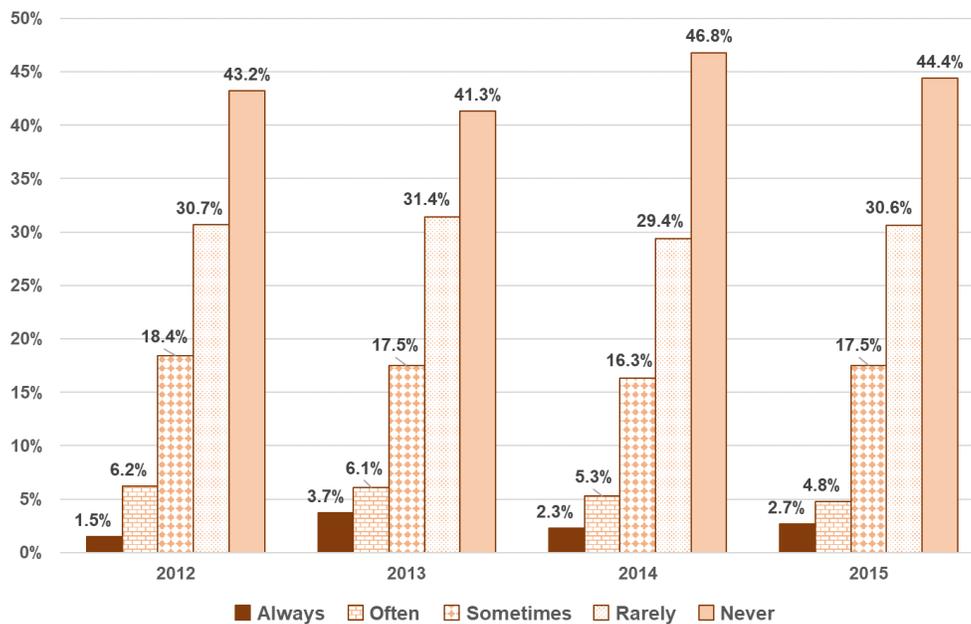
Question 69: Since your new baby was born, how often have you felt down, depressed, or hopeless?

Figure 93. Q69: Percentage of PRAMS Respondents Reporting How Frequently They Have Felt Down, Depressed, or Hopeless Since Their New Baby Was Born



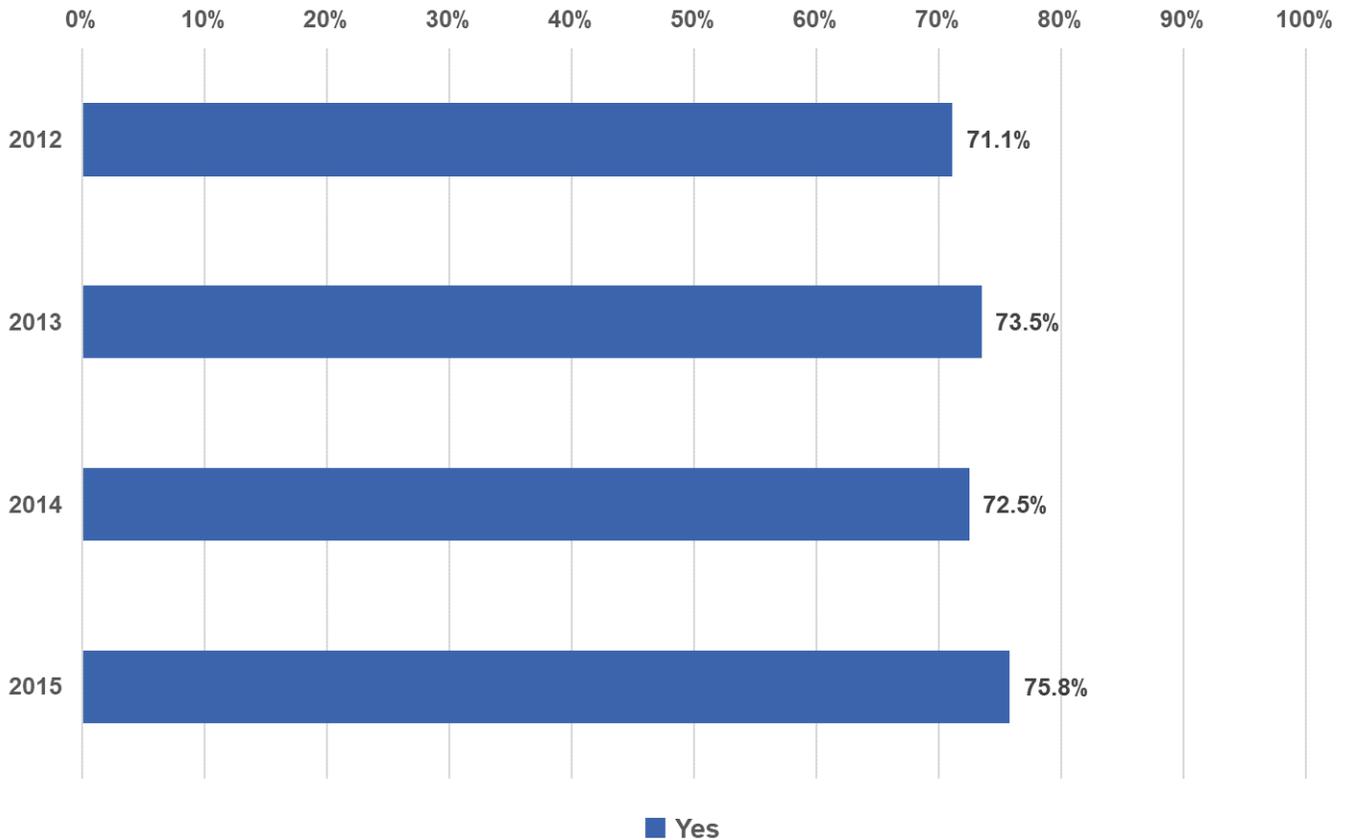
Question 70: Since your new baby was born, how often have you had little interest or little pleasure in doing things?

Figure 94. Q70: Percentage of PRAMS Respondents Reporting How Frequently They Had Little Interest or Little Pleasure in Doing Things Since Their Baby Was Born



Question 74: At any time during your most recent pregnancy or after delivery, did a doctor, nurse, or other health care worker talk with you about "baby blues" or postpartum depression? This is a Yes or No question.

Figure 91. Q74: Percentage of PRAMS Respondents Reporting a Health Care Worker Talked With Them at Any Time During Their Pregnancy About "Baby Blues" or Postpartum Depression



Indicator: Postpartum depression*† This is a combination of questions 69 and 70. Respondents who answer Always or Often to either question are classified as experiencing postpartum depression.

Figure 95. Self-Reported Postpartum Depression

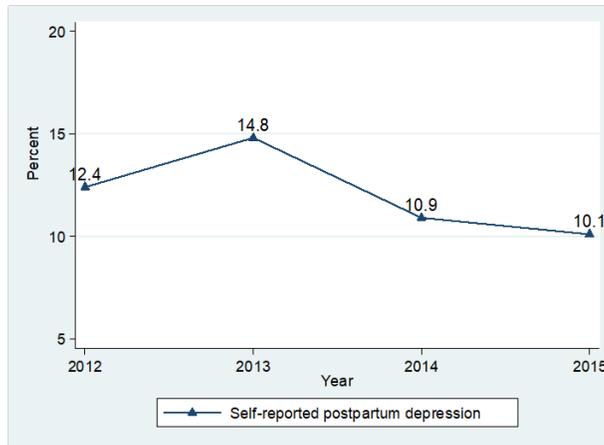
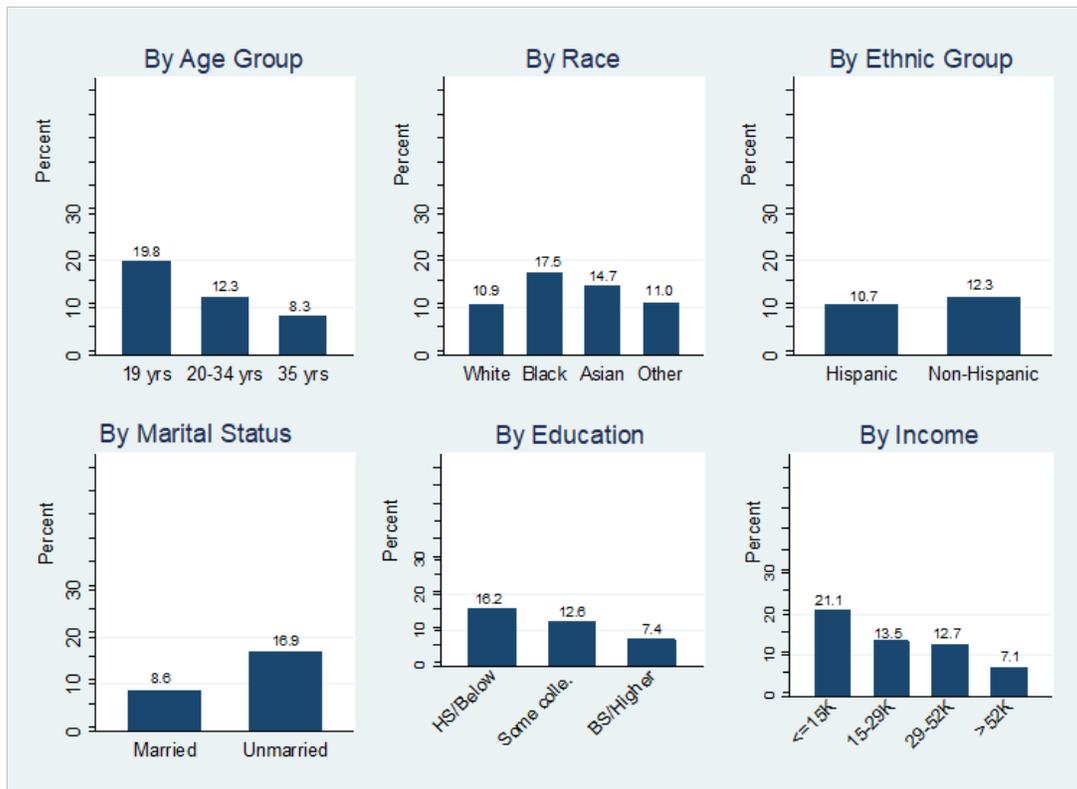


Figure 96. Demographic Characteristics of Those Reporting Postpartum Depression



* A CDC PRAMS indicator

† Related to Healthy People 2020 indicator, MICH 34.

Question 78: Since your new baby was born, has a doctor, nurse, or other health care worker told you that you had depression? This is a Yes or No question.

Figure 97. Q78.1: Percentage of PRAMS Respondents Told by a Healthcare Worker They Had Depression Since Their New Baby Was Born

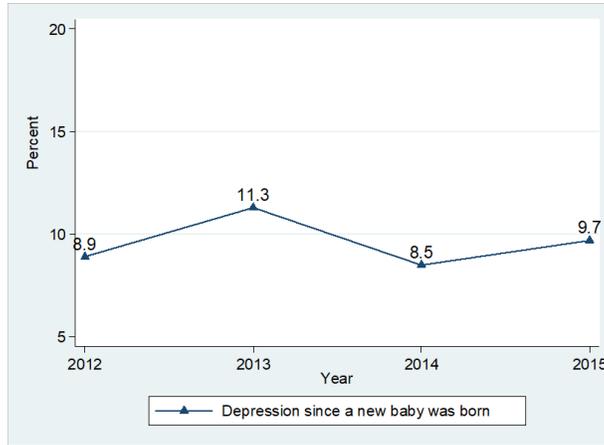
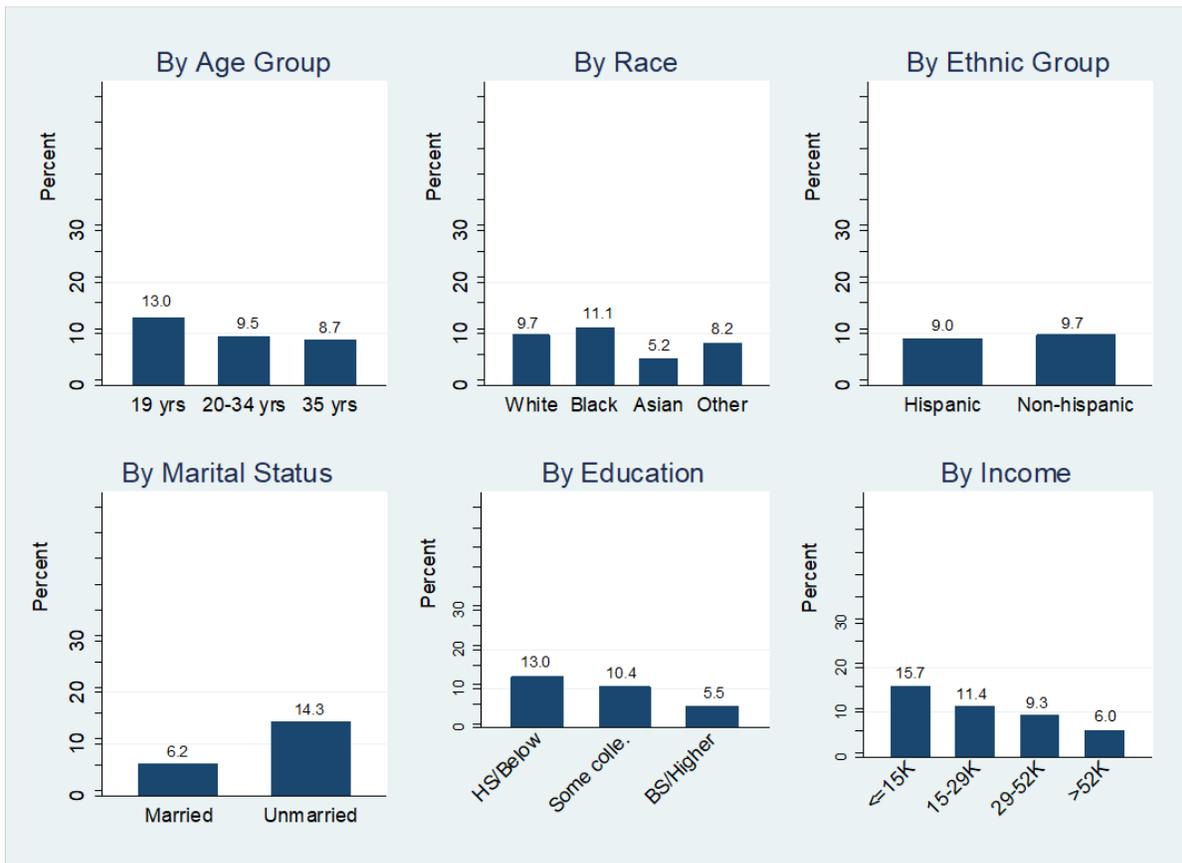


Figure 98. Q78.2: Demographic Characteristics of PRAMS Respondents Told by a Health Care Worker They Had Depression Since Their New Baby Was Born Stratified

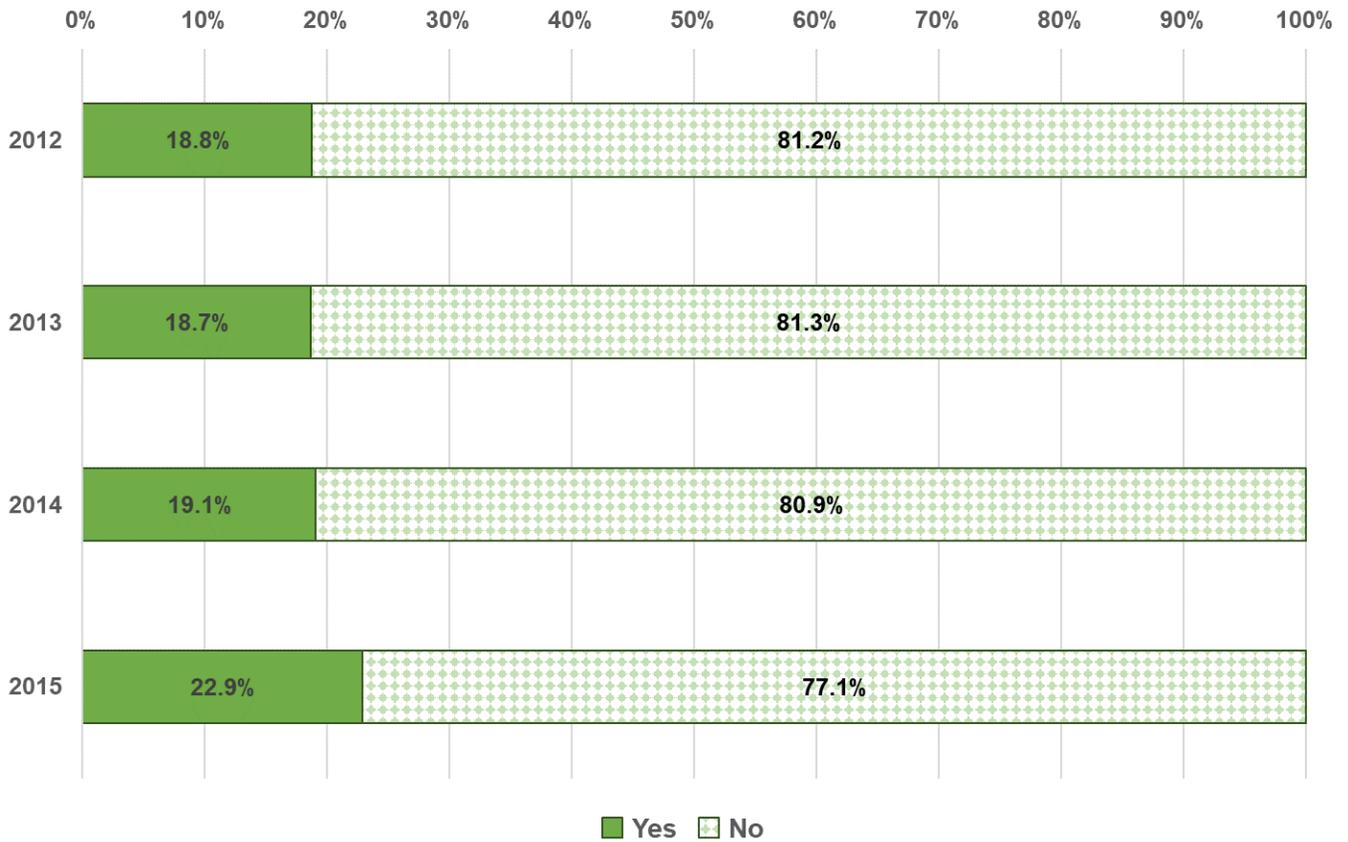


B. Anxiety

Question 7: At any time during the 12 months before you got pregnant with your new baby, did you do any of the following things? ‡ Respondents are to answer Yes or No to each option.

f. I visited a health care worker and was checked for depression or anxiety**

Figure 83. Q7f: Percentage of PRAMS Respondents Reporting They Visited a Health Care Worker and Were Checked For Depression or Anxiety in the 12 Months Before Pregnancy



‡ The complete Question 7 can be found in Appendix A.

** Similar information available in Question 12f of the PA PRAMS Phase 8 survey.

XII. Substance Use

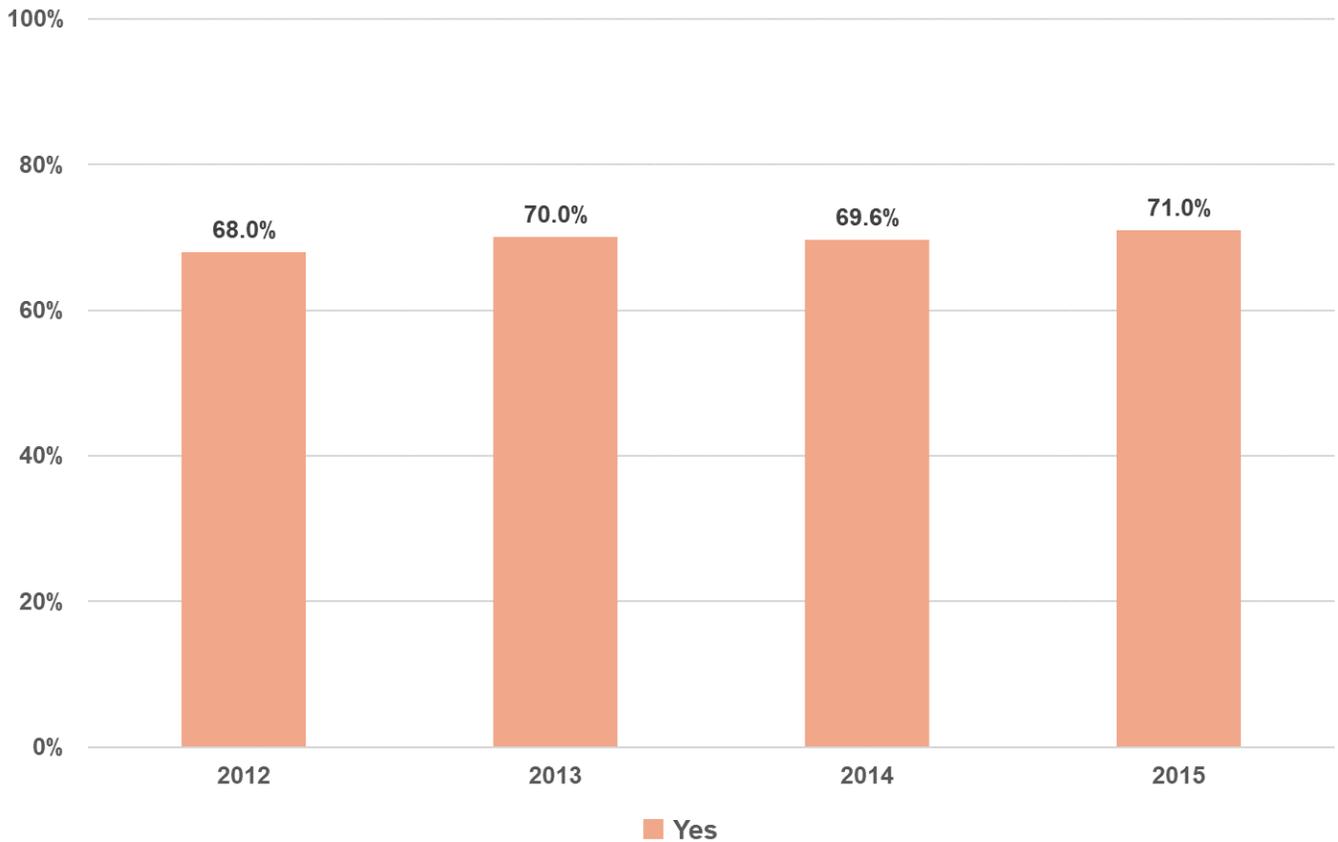
This section presents figures and tables from the PA PRAMS Phase 7 survey questions related to smoking, alcohol and drug use behaviors of respondents before, during and after pregnancy.

A. Smoking

Question 22: During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? ‡ Respondents are to answer Yes or No to each option.

b. How smoking during pregnancy could affect my baby

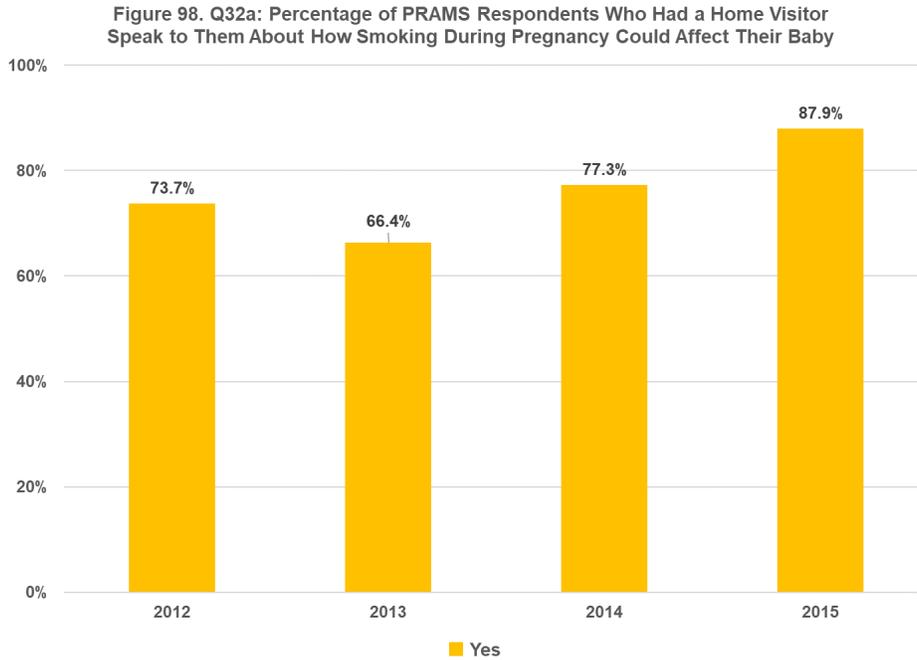
Figure 97. Q22b: Percentage of PRAMS Respondents Who Had a Health Care Worker Talk With Them During a Prenatal Care Visit About How Smoking During Pregnancy Could Affect Their Baby



‡ The complete Question 22 can be found in Appendix A.

Question 32: During your most recent pregnancy, did the home visitor who came to your home talk with you about any of the things listed below? Respondents are to answer Yes or No to each option.

a. How smoking during pregnancy could affect my baby



Question 35: Have you smoked any cigarettes in the past 2 years? This is a Yes or No question.

Figure 99. Q35: Percentage of PRAMS Respondents in 2012 Reporting Smoking Any Cigarettes in the Past Two Years

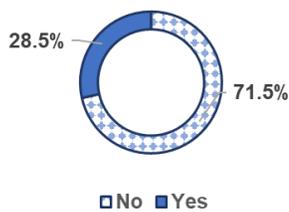


Figure 100. Q35: Percentage of PRAMS Respondents in 2013 Reporting Smoking any Cigarettes in the Past Two Years

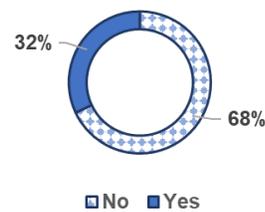


Figure 101. Q35: Percentage of PRAMS Respondents in 2014 Reporting Smoking Any Cigarettes in the Past Two Years

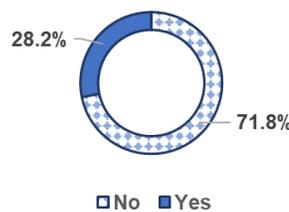
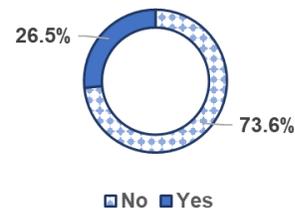
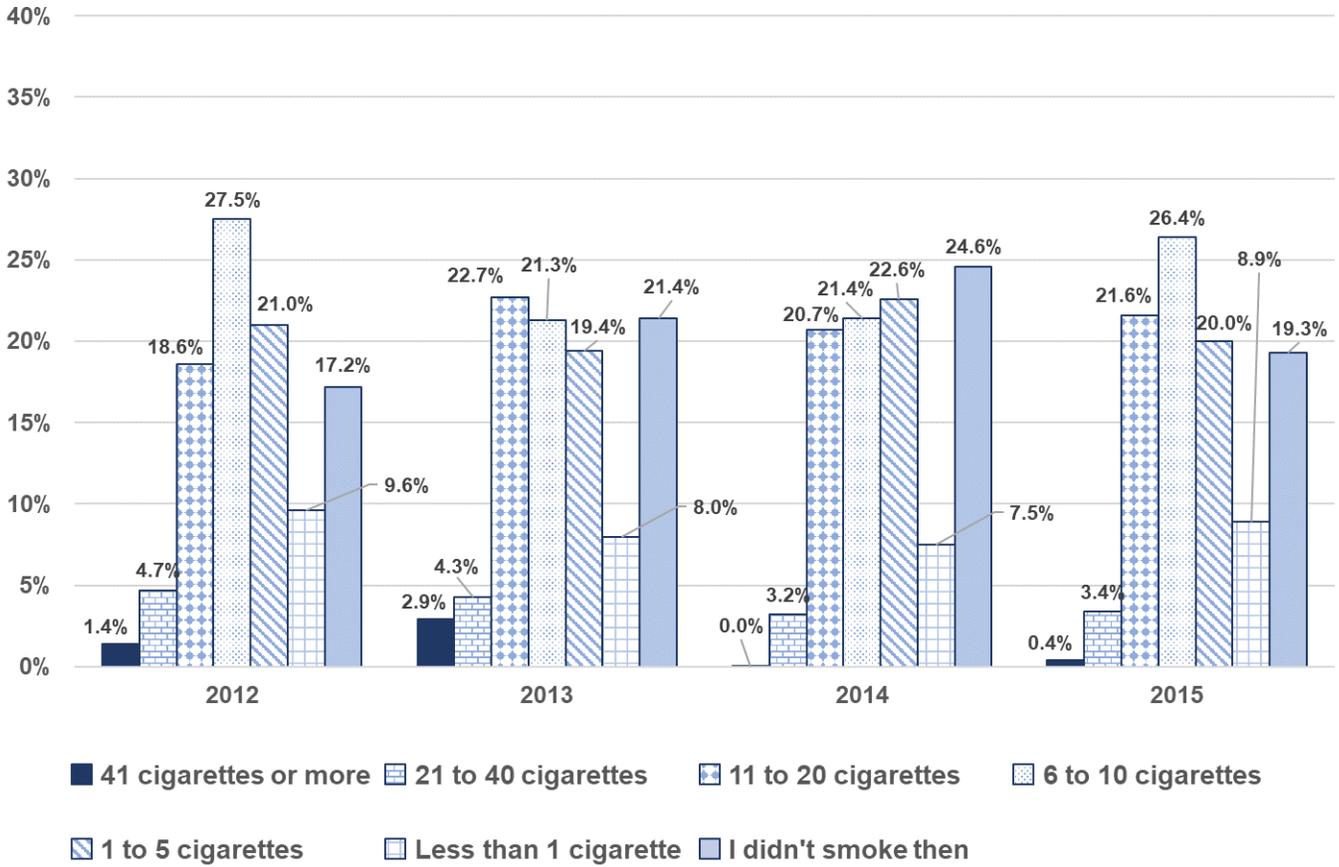


Figure 102. Q35: Percentage of PRAMS Respondents in 2015 Reporting Smoking Any Cigarettes in the Past Two Years



Question 36: In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day?* (20 cigarettes/pack) Respondents are to select from a range of options.

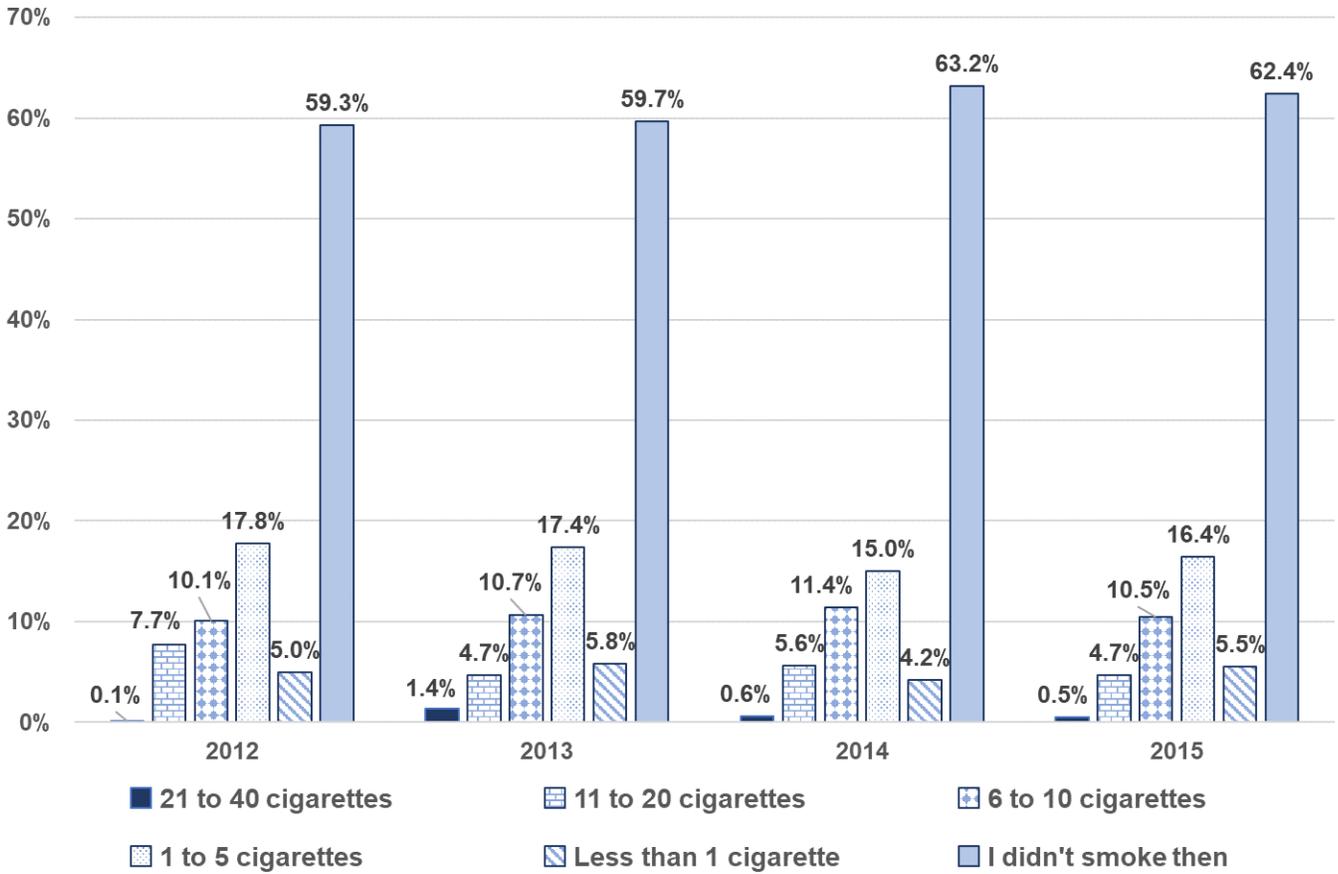
Figure 103. Q36: Percentage of Respondents Reporting How Many Cigarettes They Smoked on an Average Day in the Three Months Before Pregnancy



* A CDC PRAMS indicator

Question 37: In the last 3 months of your pregnancy, how many cigarettes did you smoke on an average day? (20 cigarettes/pack)*§† Respondents are to select from a range of options for number of cigarettes per day or indicate they did not smoke. Results in Q37.1 for 41+ cigarettes were not included as percentages were less than 0.5% for all years. For Q37.2 and Q37.3, any cigarette smoking was combined into a category of “Yes, smoking.”

Figure 104. Q37.1: Percentage of PRAMS Respondents Reporting How Many Cigarettes They Smoked in the Last Three Months of Pregnancy



* A CDC PRAMS indicator

§ Related to PA Title V MCHSBG, 2015-2020 State Action Plan.

† Related to Healthy People 2020 indicator, MICH 11.

Figure 105. Q37.2: Percentage of PRAMS Respondents Who Smoked During The Last 3 Months of Pregnancy

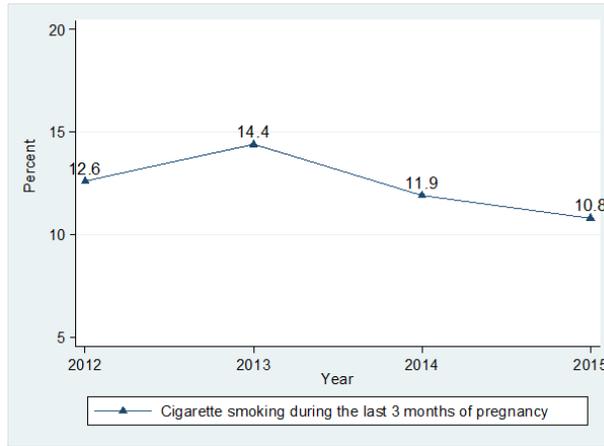
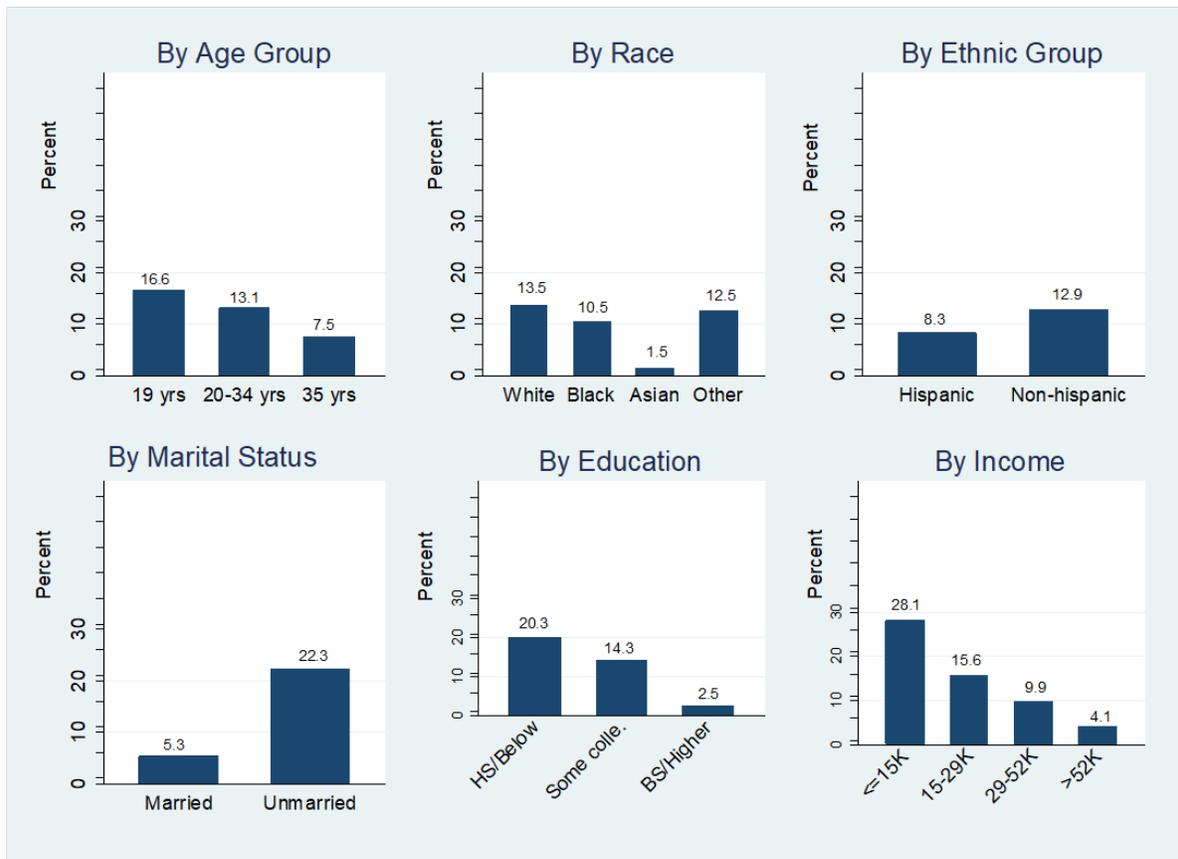
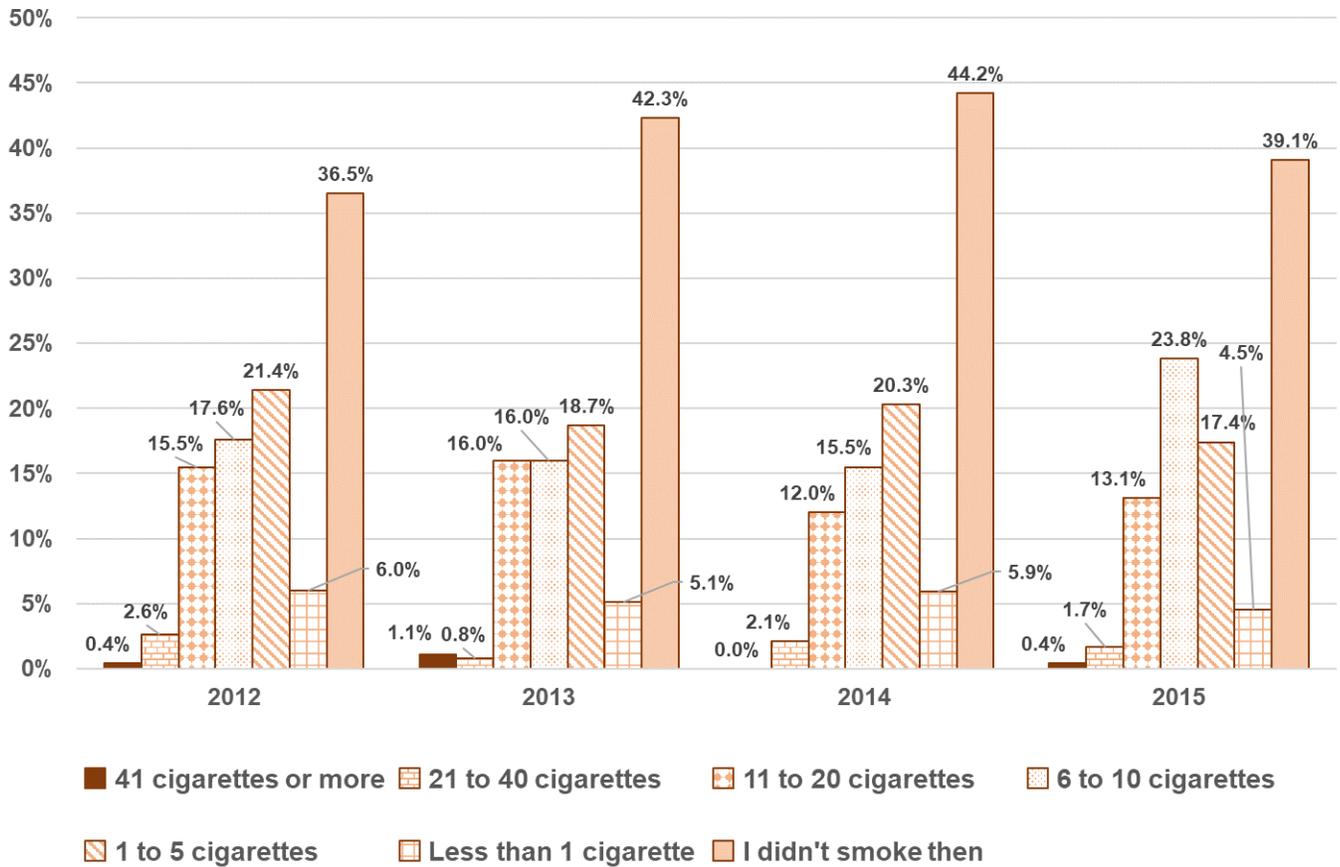


Figure 106. Q37.3: Demographic Characteristics of PRAMS Respondents Who Smoked During The Last 3 Months of Pregnancy



Question 38: How many cigarettes do you smoke on an average day now? (20 cigarettes/pack)[†] Respondents are to select from a range of options.

Figure 107. Q38: Percentage of PRAMS Respondents Reporting How Many Cigarettes They Currently Smoke on an Average Day



* A CDC PRAMS indicator

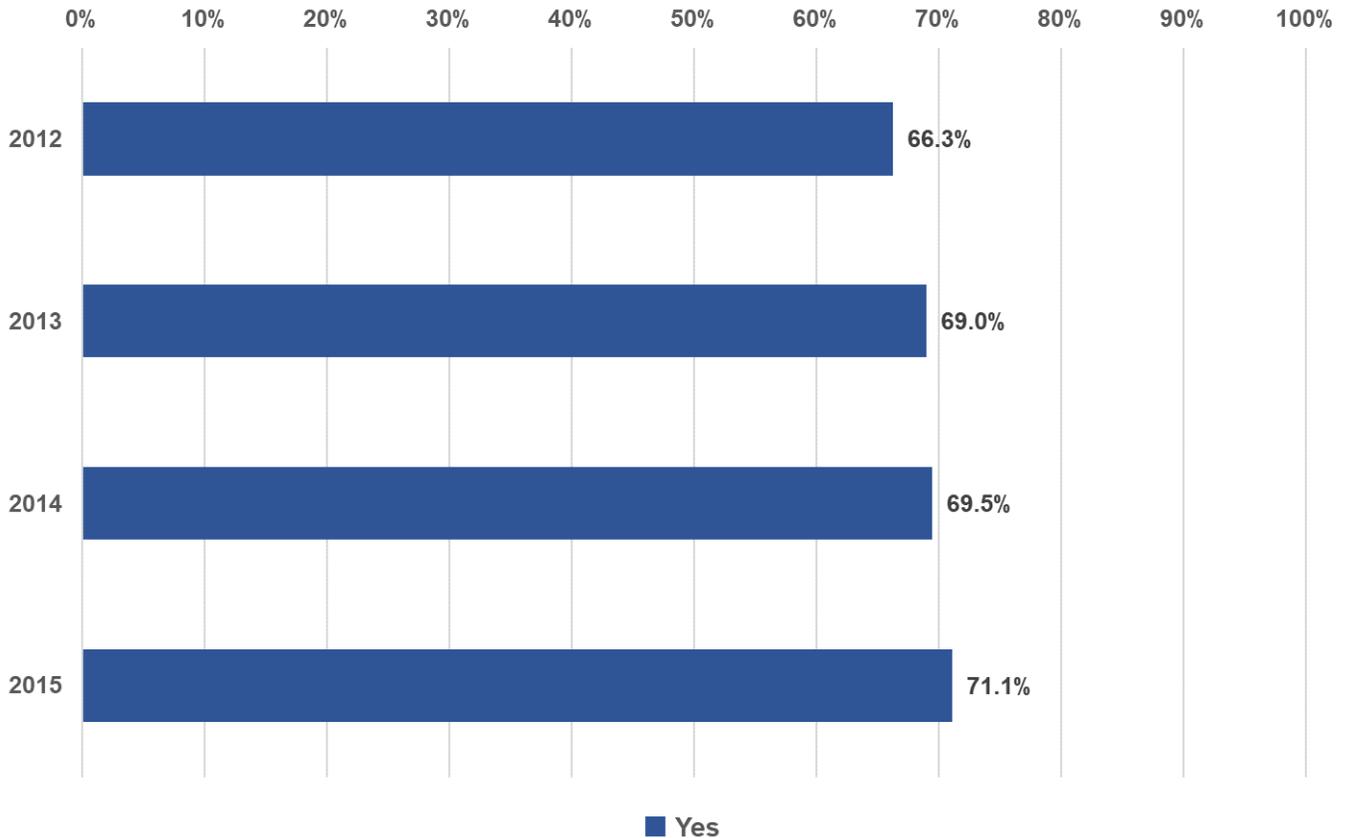
† Related to Healthy People 2020 indicator, MICH 18.

B. Alcohol

Question 22: During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? ‡ *Respondents are to answer Yes or No to each option.*

d. How drinking alcohol during pregnancy could affect my baby

Figure 108. Q22d: Percentage of PRAMS Respondents Who Had a Health Care Worker Talk With Them About How Drinking Alcohol During Pregnancy Could Affect Their Baby

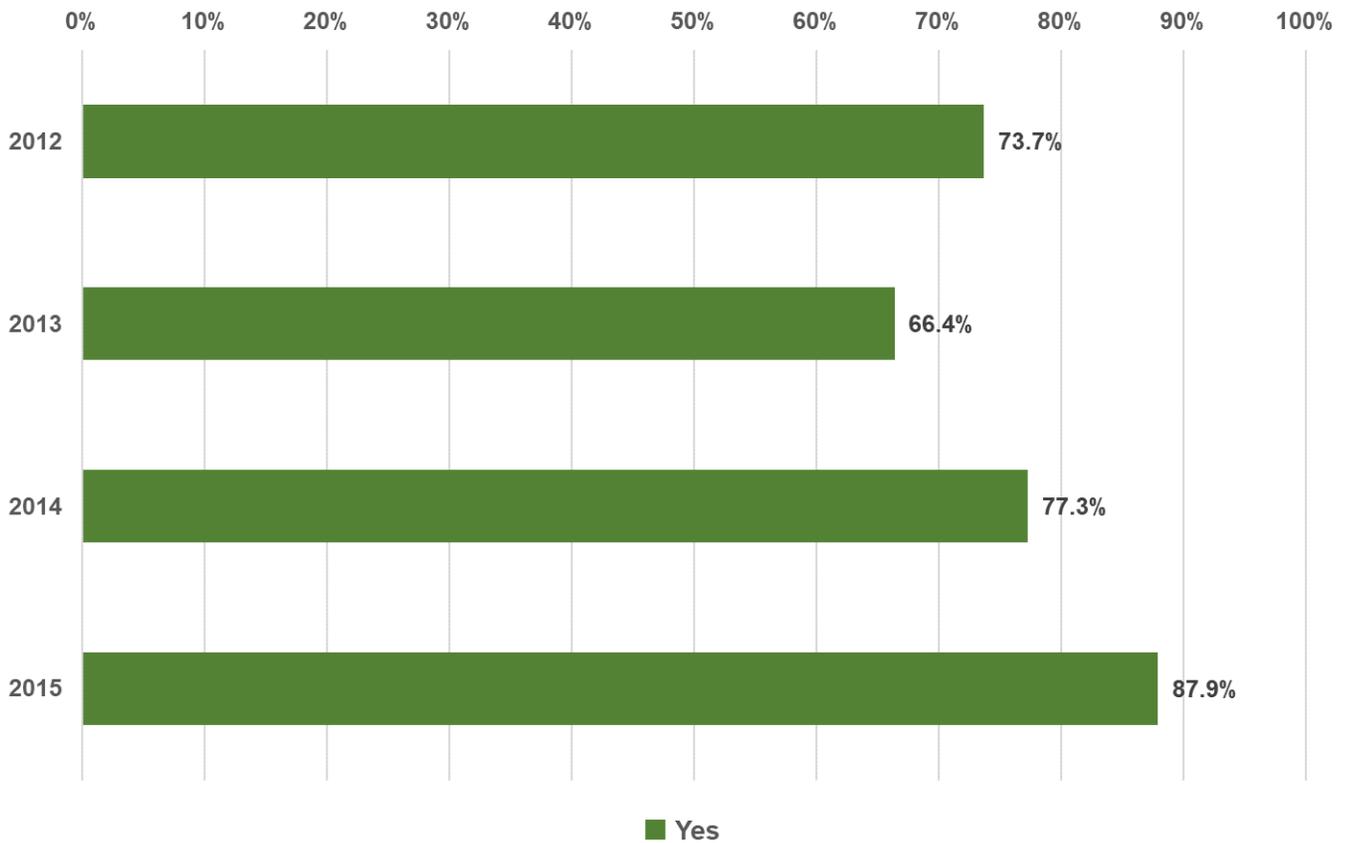


‡ The complete Question 22 can be found in Appendix A.

Question 32: During your most recent pregnancy, did the home visitor who came to your home talk with you about any of the things listed below? † Respondents are to answer Yes or No to each option.

b. How drinking alcohol during pregnancy could affect my baby

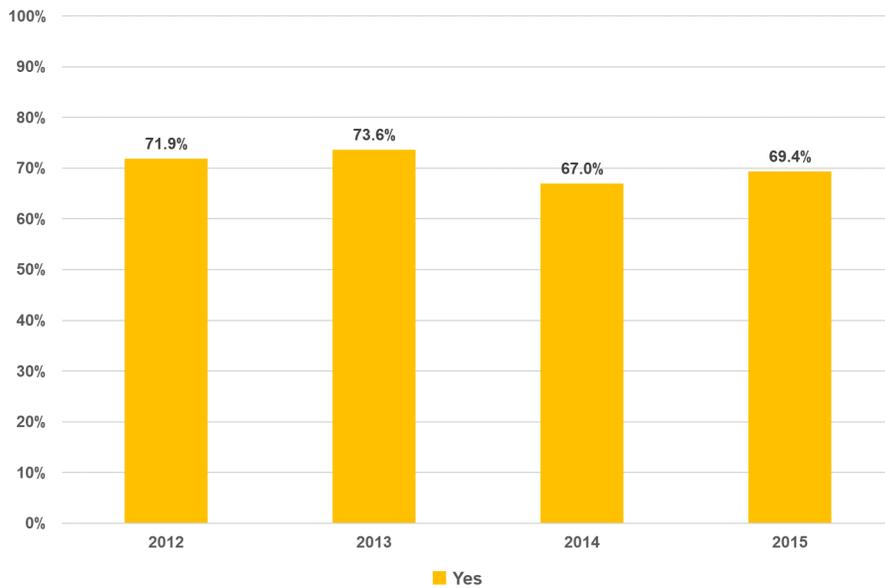
Figure 109. Q32b: Percentage of PRAMS Respondents Who Had a Home Visitor Talk With Them About How Drinking Alcohol During Pregnancy Could Affect Their Baby



† The complete Question 32 can be found in Appendix A.

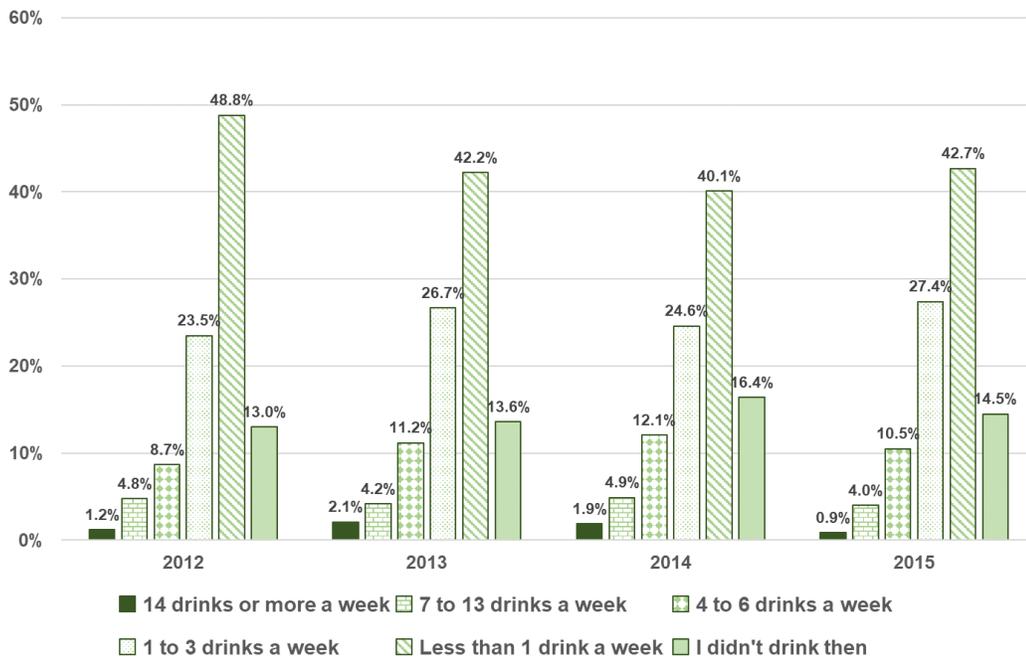
Question 39: Have you had any alcoholic drinks in the past 2 years? *This is a Yes or No question.*

Figure 110. Q39: Percentage of PRAMS Respondents Reporting any Alcoholic Drinks in the Past Two Years.



Question 40: During the 3 months before you got pregnant, how many alcoholic drinks did you have in an average week?*** *Respondents are to select from a range of options.*

Figure 111. Q40:Percentage of PRAMS Respondents Reporting How Many Alcoholic Drinks They Had in an Average Week in the Three Months Before Pregnancy

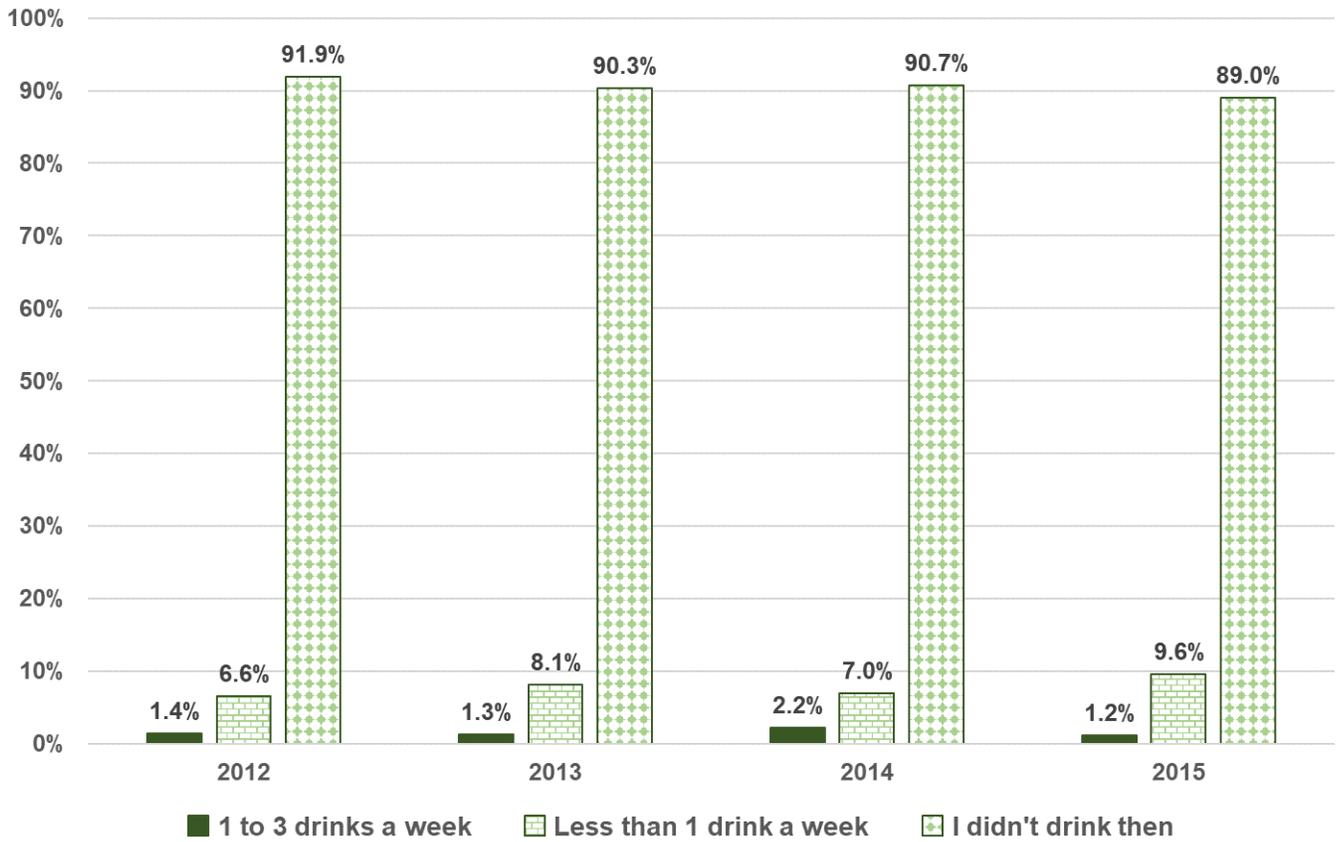


* A CDC PRAMS indicator

** Similar information available in Question 47 of the PA PRAMS Phase 8 survey, but with different ranges of average drinks per week.

Question 41: During the last 3 months your pregnancy, how many alcoholic drinks did you have in an average week?^{††} Respondents are to select from a range of options for number of drinks per day or indicate they did not drink. Results in Q41.1 for number of drinks above three per week were not included as they were less than 0.5%. For Q41.2 and Q41.3, any drinking was combined into a category of “Yes, drinking.”

Figure 112. Q41.1: Percentage of PRAMS Respondents Reporting How Many Alcoholic Drinks They Had in an Average Week in the Last Three Months of Pregnancy



[†] Related to Healthy People 2020 indicator, MICH 11

^{††} Similar information available in Question 48 of the PA PRAMS Phase 8 survey, but with different ranges of average drinks per week.

Figure 113. Q41.1: Percentage of PRAMS Respondents Who Drank Alcohol In The Last Three Months of Pregnancy

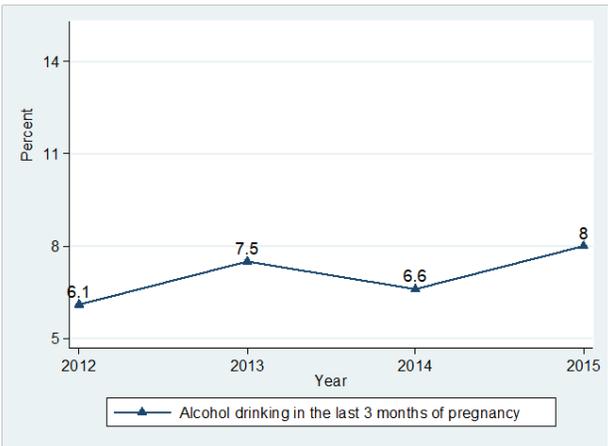
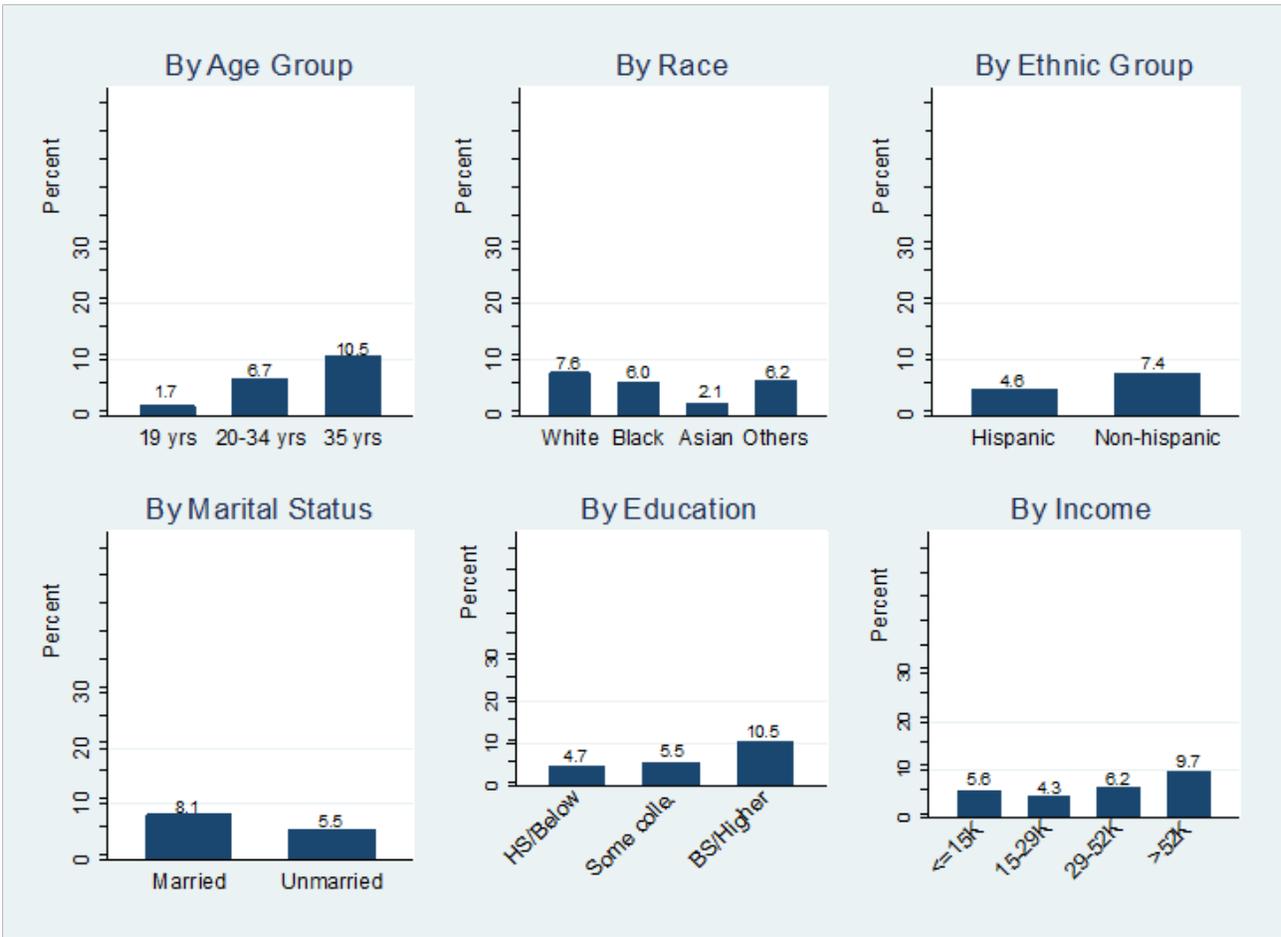


Figure 114. Q41.2: Demographic Characteristics of PRAMS Respondents Who Drank Alcohol In The Last Three Months of Pregnancy

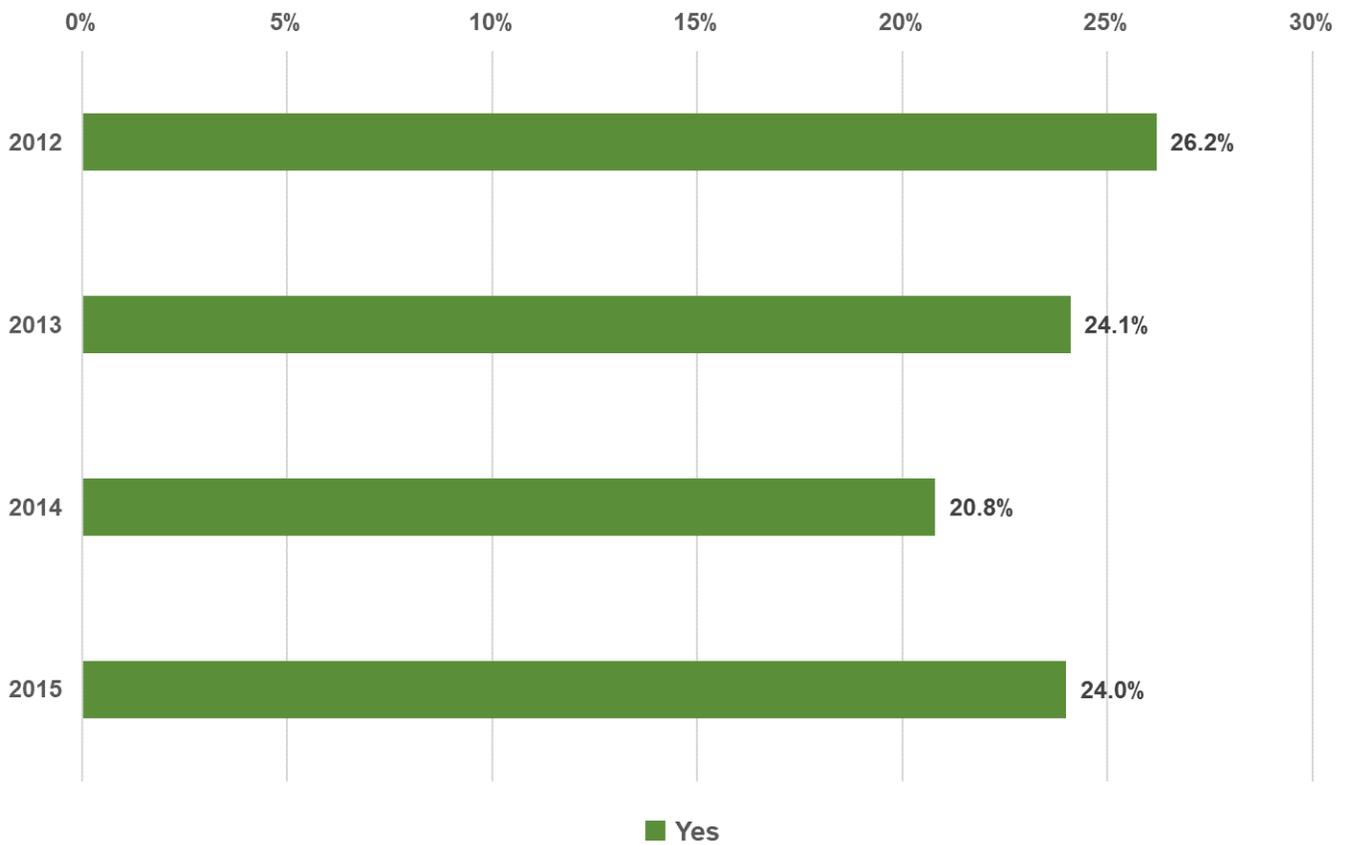


C. Drug use

Question 7: At any time during the 12 months before you got pregnant with your new baby, did you do any of the following things?[‡] Respondents are to answer Yes or No to each option.

c. I was regularly taking prescription medicines other than birth control

Figure 115. Q7c: Percentage of PRAMS Respondents Reporting Regularly Taking Prescription Medicines Other Than Birth Control in the 12 Months Before Pregnancy

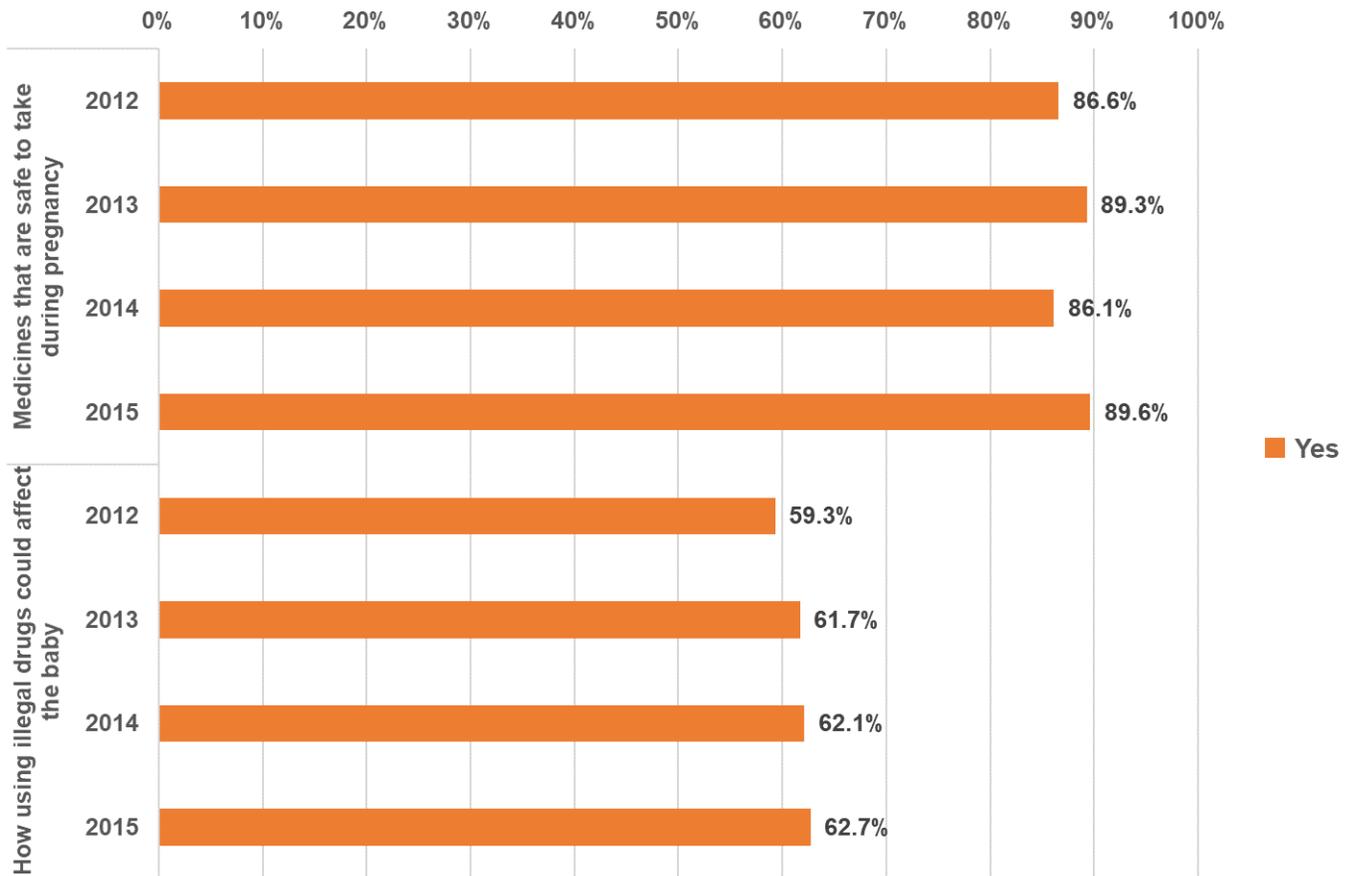


[‡] The complete Question 7 can be found in Appendix A.

Question 22: During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below?[‡] *Respondents are to answer Yes or No to each option.*

- f. Medicines that are safe to take during my pregnancy
- g. How using illegal drugs could affect my baby[†]

Figure 116. Q22f&g: Percentage of PRAMS Respondents Who Had a Health Care Worker Talk with Them During Prenatal Care About Drug Use



[‡] The complete Question 22 can be found in Appendix A.

[†] Related to Healthy People 2020 indicator, MICH 11.

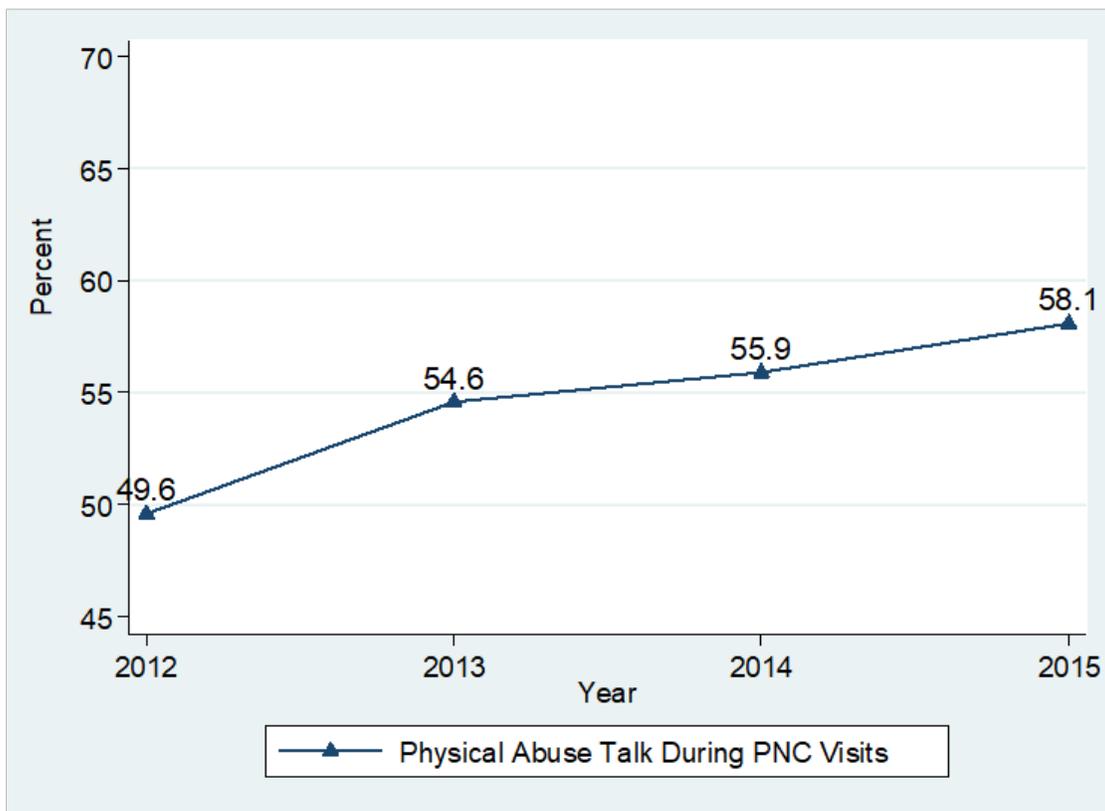
XIII. Intimate Partner Violence

This section presents figures and tables from the PA PRAMS Phase 7 survey questions related to intimate partner violence before, during and after pregnancy.

Question 22: During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? ‡ *Respondents are to answer Yes or No to each option.*

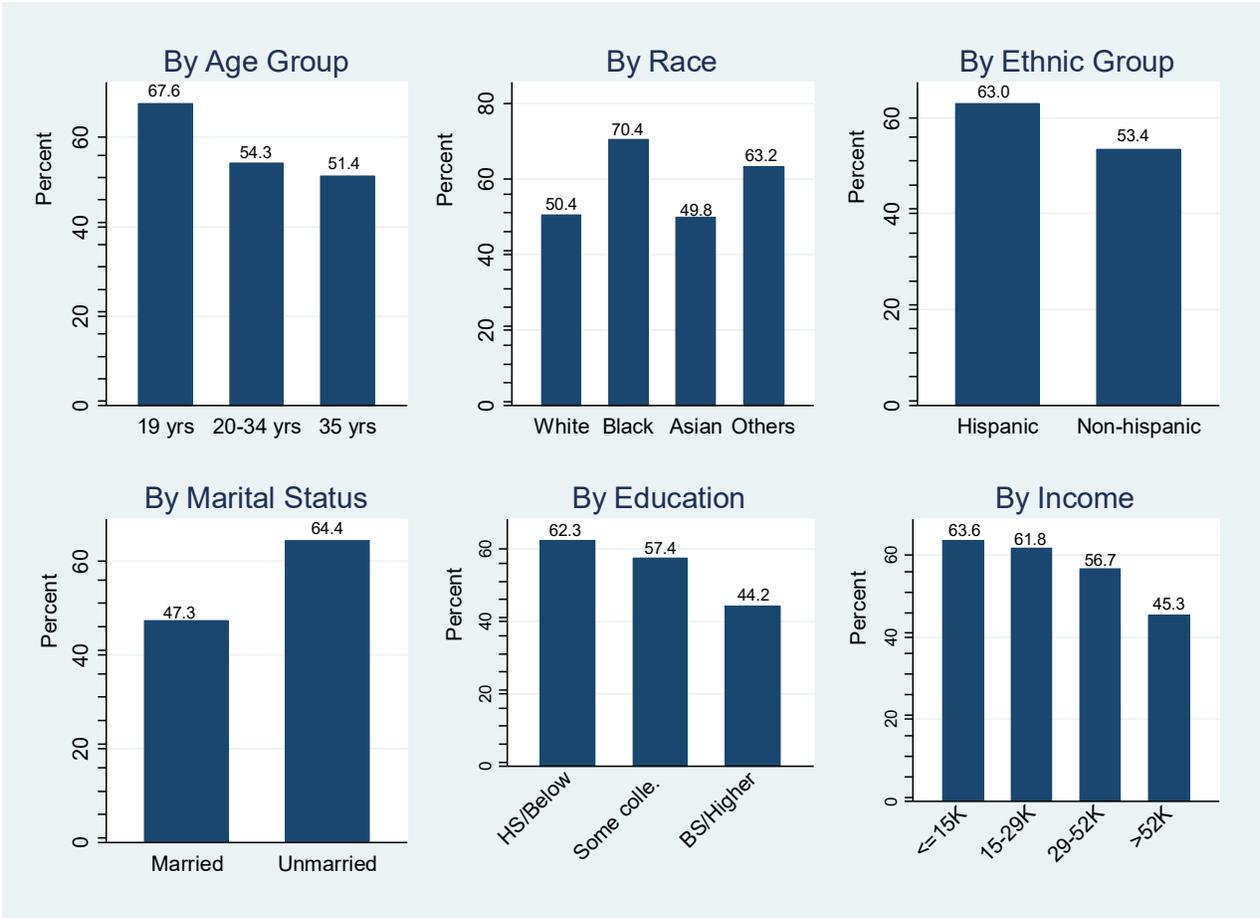
- I. Physical abuse to women by their husbands or partners

Figure 117. Q22I.1: Percentage of PRAMS Respondents Reporting a Health Care Worker Talked With Them During Any Prenatal Care Visit About Physical Abuse



‡ The complete Question 22 can be found in Appendix A.

Figure 118. Q22I.2: Demographic Characteristics of PRAMS Respondents Reporting a Health Care Worker Talked With Them During a Prenatal Care Visit About Physical Abuse



Question 32: During your most recent pregnancy, did the home visitor who came to your home talk with you about any of the things listed below?[‡] Respondents are to answer Yes or No to each option.

e. Physical or emotional abuse to women by their husbands or partners[§]

Figure 119. Q32e.1: Percentage of PRAMS Respondents Reporting a Home Visitor Talked With Them During Pregnancy About Physical/Emotional Abuse By Their Husbands/Partners

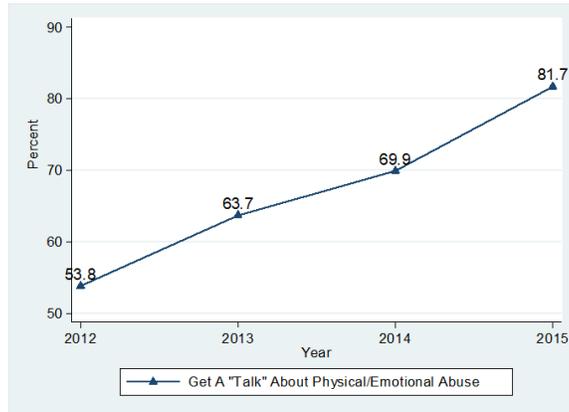
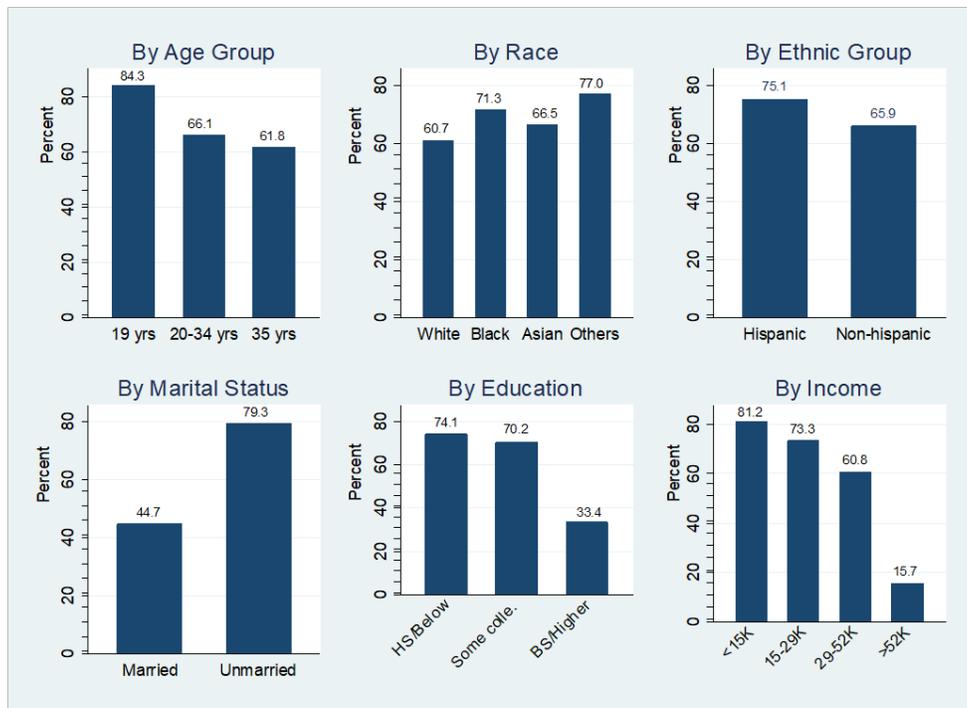


Figure 120. Q32e.2: Demographic Characteristics of PRAMS Respondents Reporting a Home Visitor Talked With Them During Pregnancy About Physical/Emotional Abuse By Their Husbands/Partners



[‡] The complete Question 32 can be found in Appendix A.

[§] Related to PA Title V MCHSBG, 2015-2020 State Action Plan.

Question 47: During the 12 months before you got pregnant with your new baby, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?^{***} *This is a Yes or No question.*

Figure 121. Q47.1: Percentage of PRAMS Respondents Reporting Their Husband/Partner Physically Hurt Them In The 12 Months Before Pregnancy

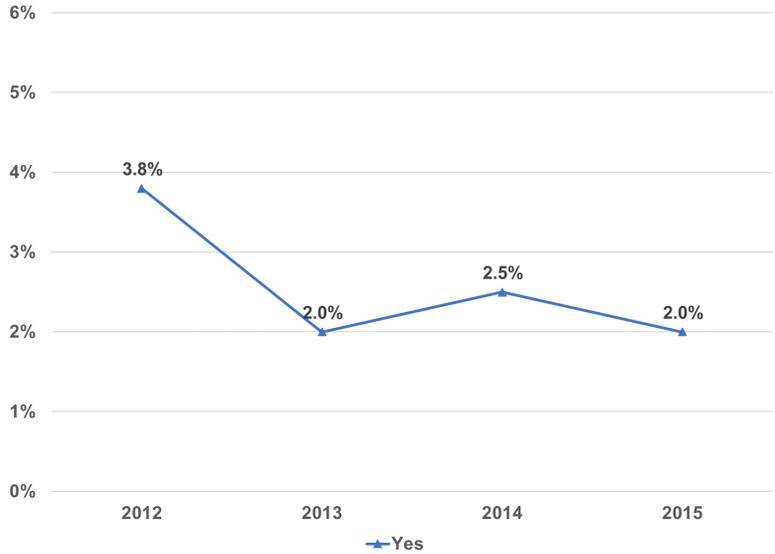
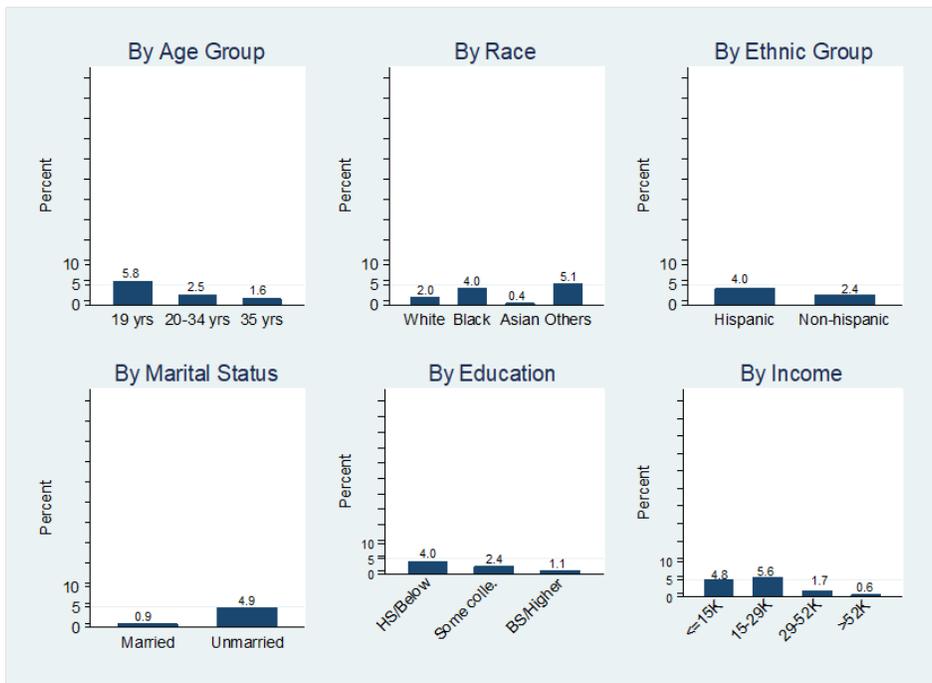


Figure 122. Q47.2: Demographic Characteristics of PRAMS Respondents Reported Their Husband/Partner Physically Hurt Them In The 12 Months Before Pregnancy



* A CDC PRAMS indicator

** Question 53 of the PA PRAMS Phase 8 survey includes three additional options for perpetrators of physical violence.

Question 48: During your most recent pregnancy, did your husband or partner push, hit, slap, kick, choke or physically hurt you in any other way?^{***} *This is a Yes or No question.*

Figure 123. Q48.1: Percentage of PRAMS Respondents Reporting Their Husband/Partner Physically Hurt Them During Their Pregnancy

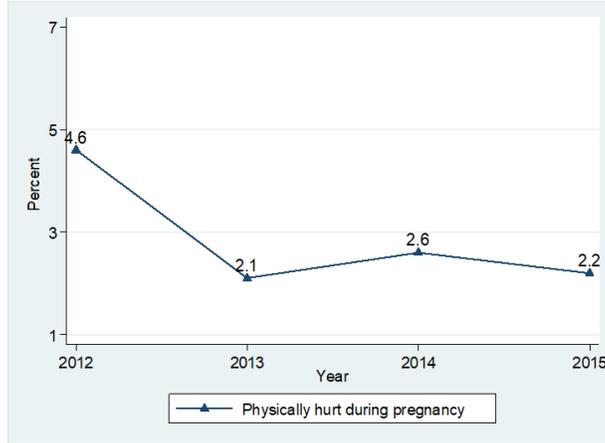
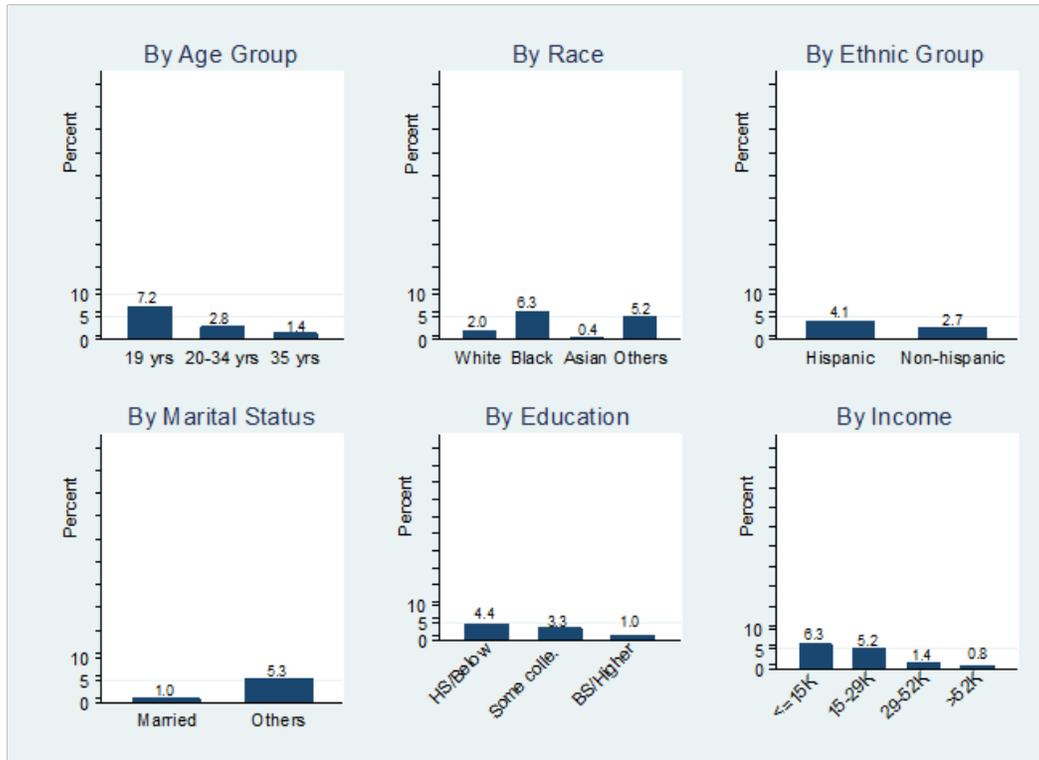


Figure 124. Q48.2: Demographic Characteristics of PRAMS Respondents Reporting Their Husband/Partner Physically Hurt Them During Their Pregnancy

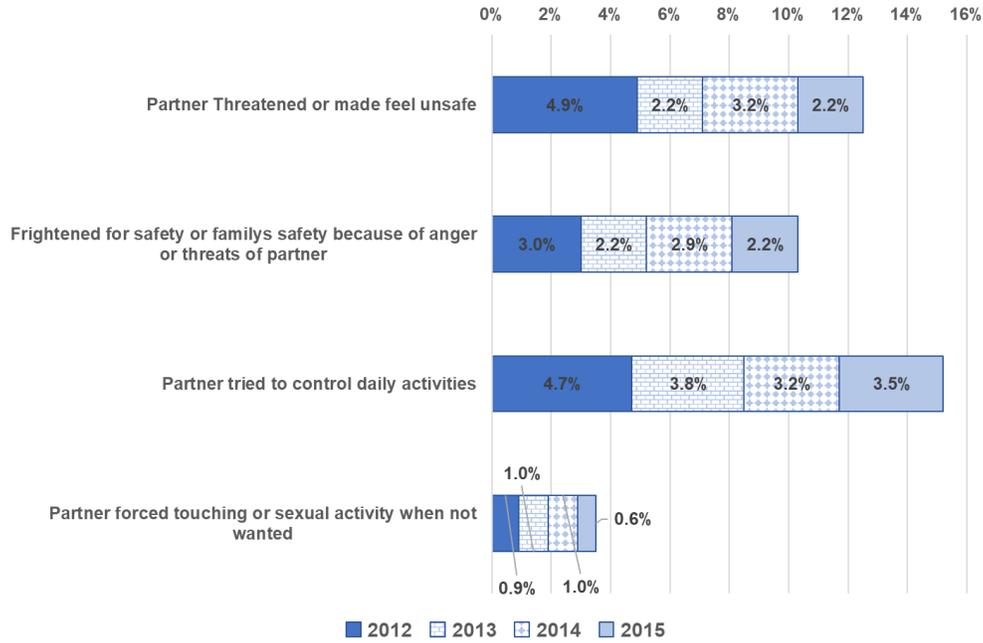


* A CDC PRAMS indicator

** Question 54 of the PA PRAMS Phase 8 survey includes three additional options for perpetrators of physical violence.

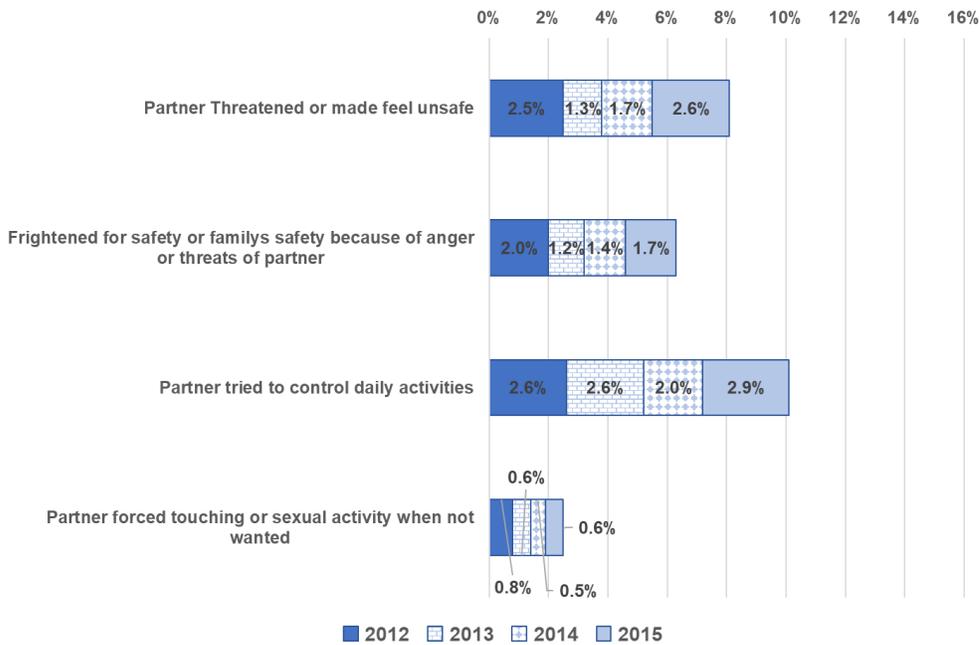
Question 75: This question is about things that may have happened during your most recent pregnancy. *Respondents are to answer Yes or No to each option.*

Figure 125. Q75: Percentage of PRAMS Respondents Reporting Factors of Intimate Partner Violence During Their Most Recent Pregnancy



Question 79: This question is about things that may have happened since your new baby was born. *Respondents are to answer Yes or No to each option.*

Figure 126. Q79: Percentage of PRAMS Respondents Reporting Factors of Intimate Partner Violence Since Their Baby was Born



Question 80: Since your new baby was born, has your husband or partner pushed, hit, slapped, kicked, choked, or physically hurt you in any other way?^{**} *This is a Yes or No question.*

Figure 127. Q80.1: Percentage of PRAMS Respondents Reporting Their Husband/Partner Physically Hurt Them Since Their New Baby Was Born

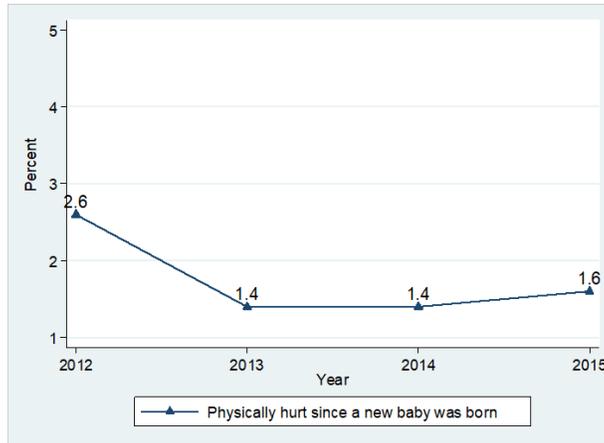
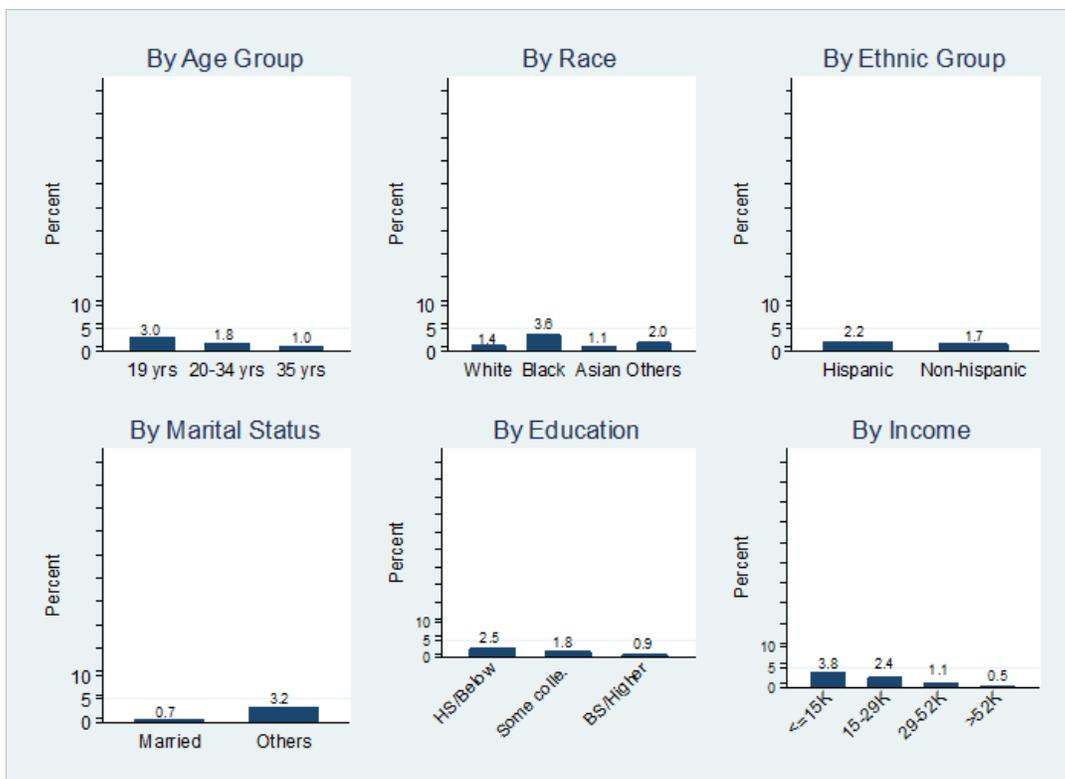


Figure 128. Q80.2: Demographic Characteristics of PRAMS Respondents Reporting Their Husband/Partner Physically Hurt Them Since Their New Baby Was Born



^{**} Question 81 of the PA PRAMS Phase 8 survey includes three additional options for perpetrators of physical violence.

XIV. Social Determinants of Health

Social determinants of health are “conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risk.”⁸ This section presents figures and tables from the PA PRAMS Phase 7 survey related to these conditions.

Question 42: This question is about things that may have happened during the 12 months before your new baby was born. Respondents are to answer Yes or No to each option. The figures below display the prevalence of “Yes” answers for each option.

Figure 129. Q42a: Close Family Member Sick or in Hospital

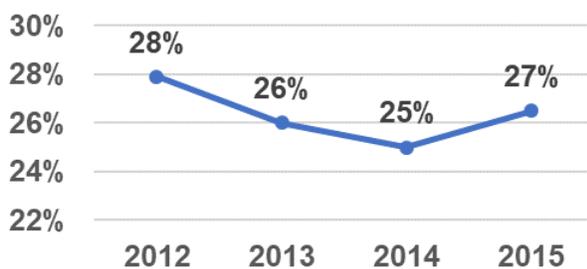


Figure 130. Q42b: Separated or Divorced from Partner

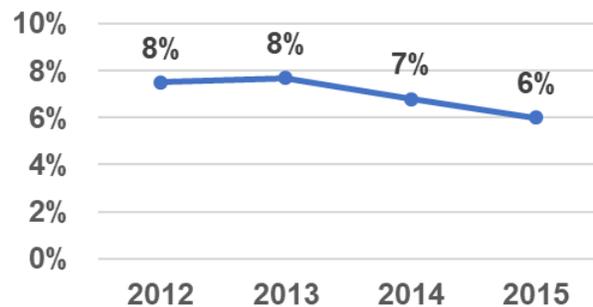


Figure 131. Q42c: Moved

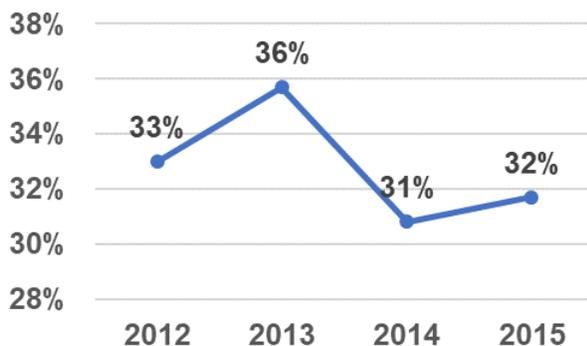


Figure 132. Q42d: Homeless or Had to Sleep Outside/Car/Shelter

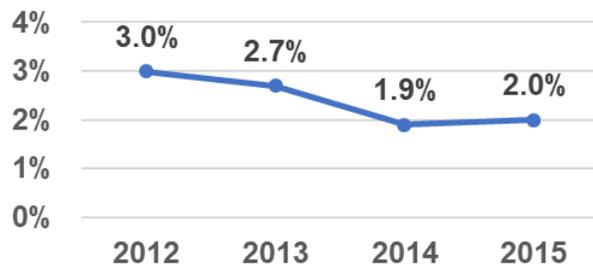


Figure 133. Q42e: Partner Lost Job

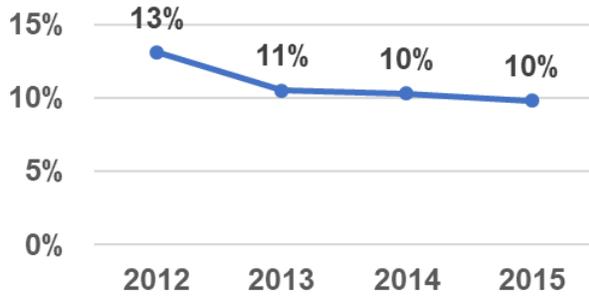


Figure 134. Q42f: Lost Job

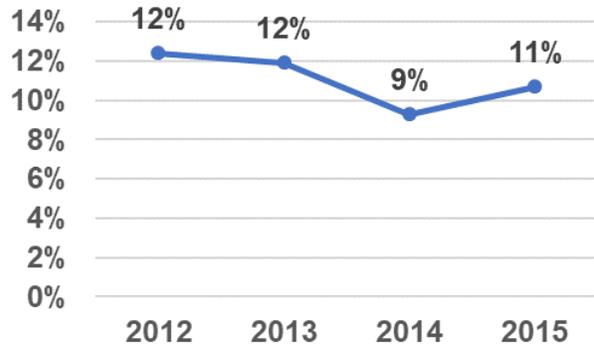


Figure 135. Q42g: Partner/Self Had Cut in Hours/Pay

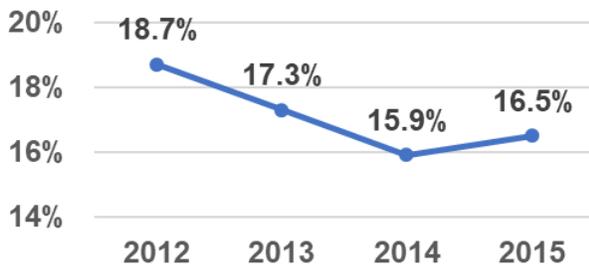


Figure 136. Q42h: Apart from Partner Due to Deployment/Extended Work Travel

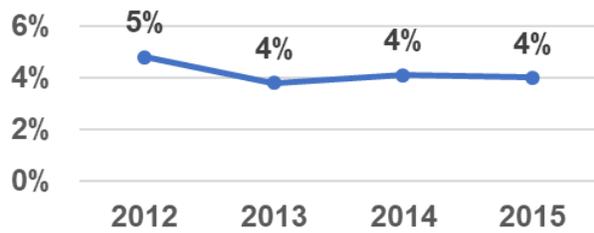


Figure 137. Q42i: Argued with Partner More Than Usual

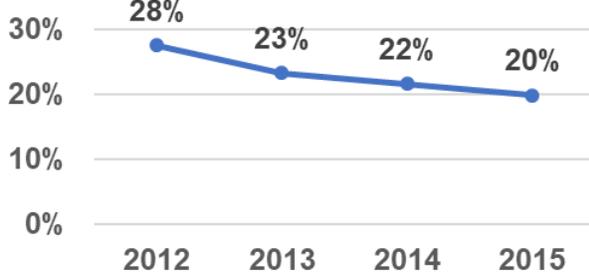


Figure 138. Q42j: Partner Did Not Want Pregnancy

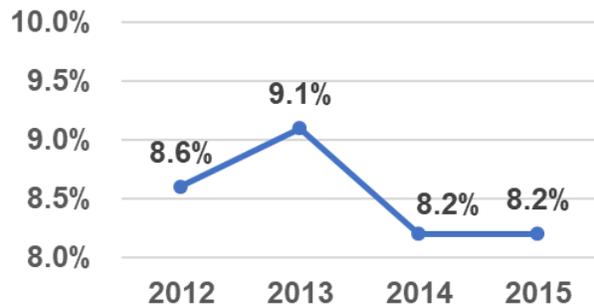


Figure 139. Q42k: Problems Paying Rent/Mortgage/Other Bills

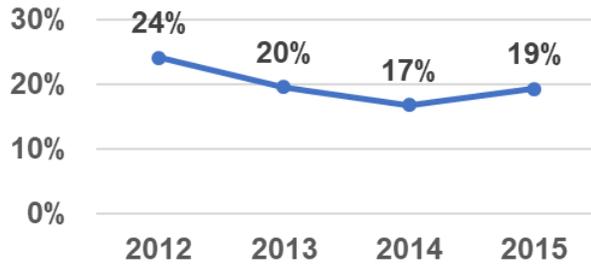


Figure 140. Q42l: Partner/Self Went to Jail

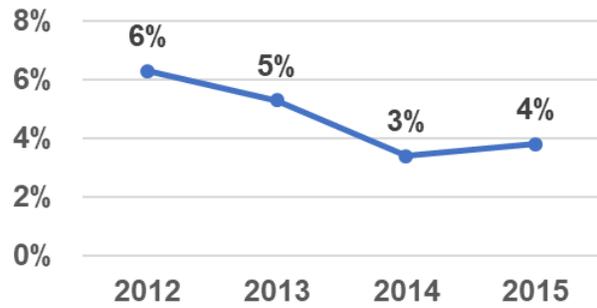


Figure 141. Q42m: Someone Had Problems with Drinking/Drugs

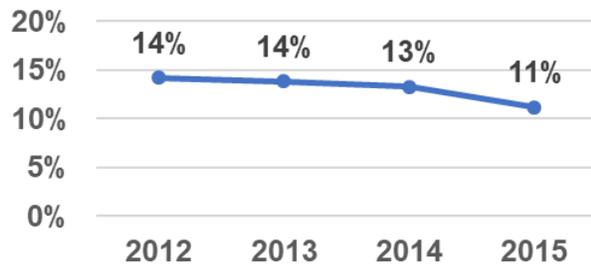
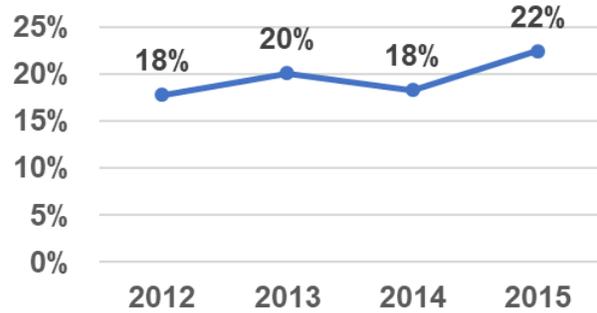
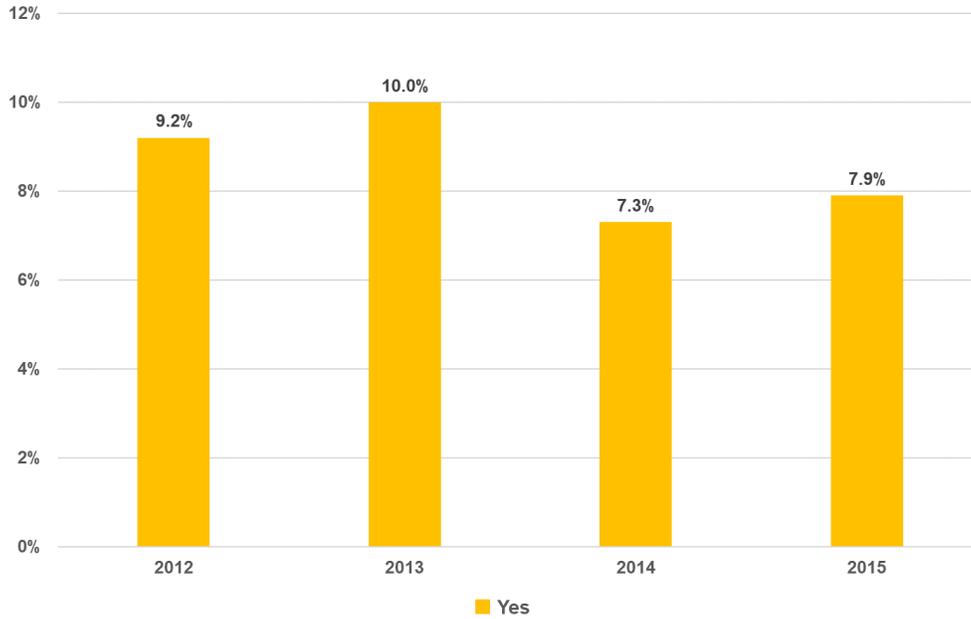


Figure 142. Q42n: Someone Close Died



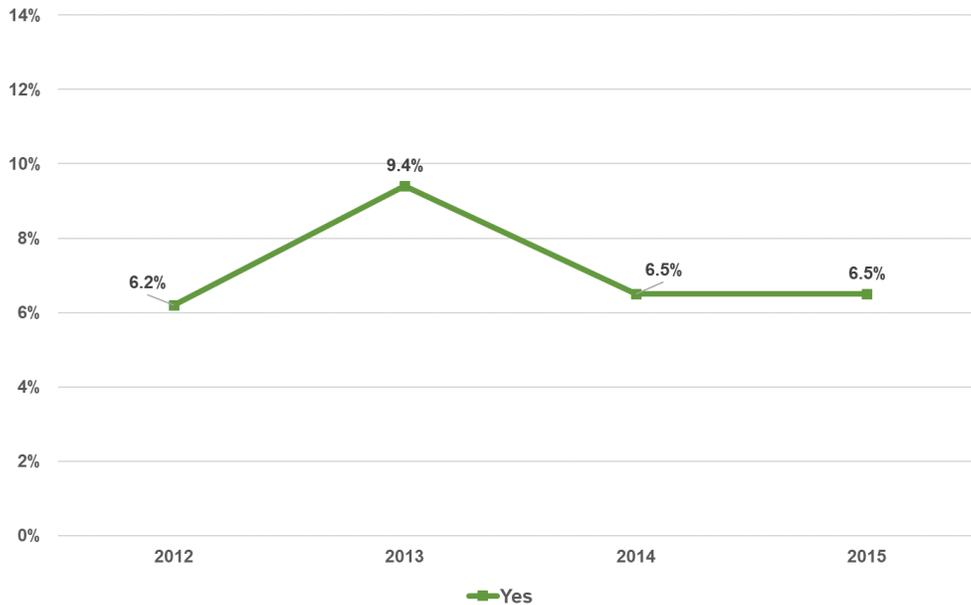
Question 43: During the 12 months before your new baby was born, did you ever eat less than you felt you should because there wasn't enough money to buy food? This is a Yes or No question.

Figure 143. Q43: Percentage of PRAMS Respondents Reporting Eating Less in the 12 Months Before Their New Baby Was Born Because There Was Not Enough Money to Buy Food



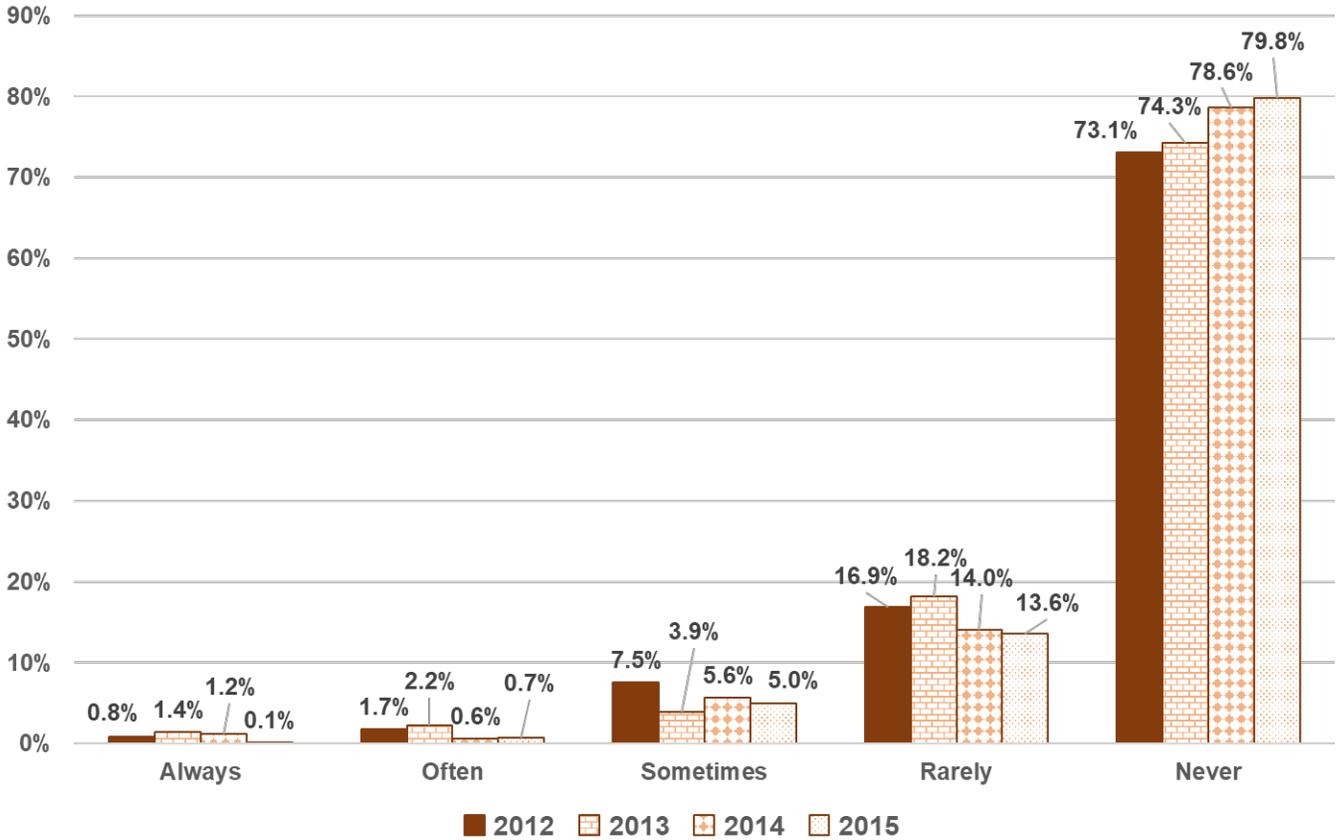
Question 44: During the 12 months before your new baby was born, did you ever get emergency food from a church, a food pantry, or a food bank, or eat in a food kitchen? This is a Yes or No question.

Figure 144. Q44: Percentage of PRAMS Respondents Who Received Emergency Food in the 12 Months Before Their New Baby Was Born



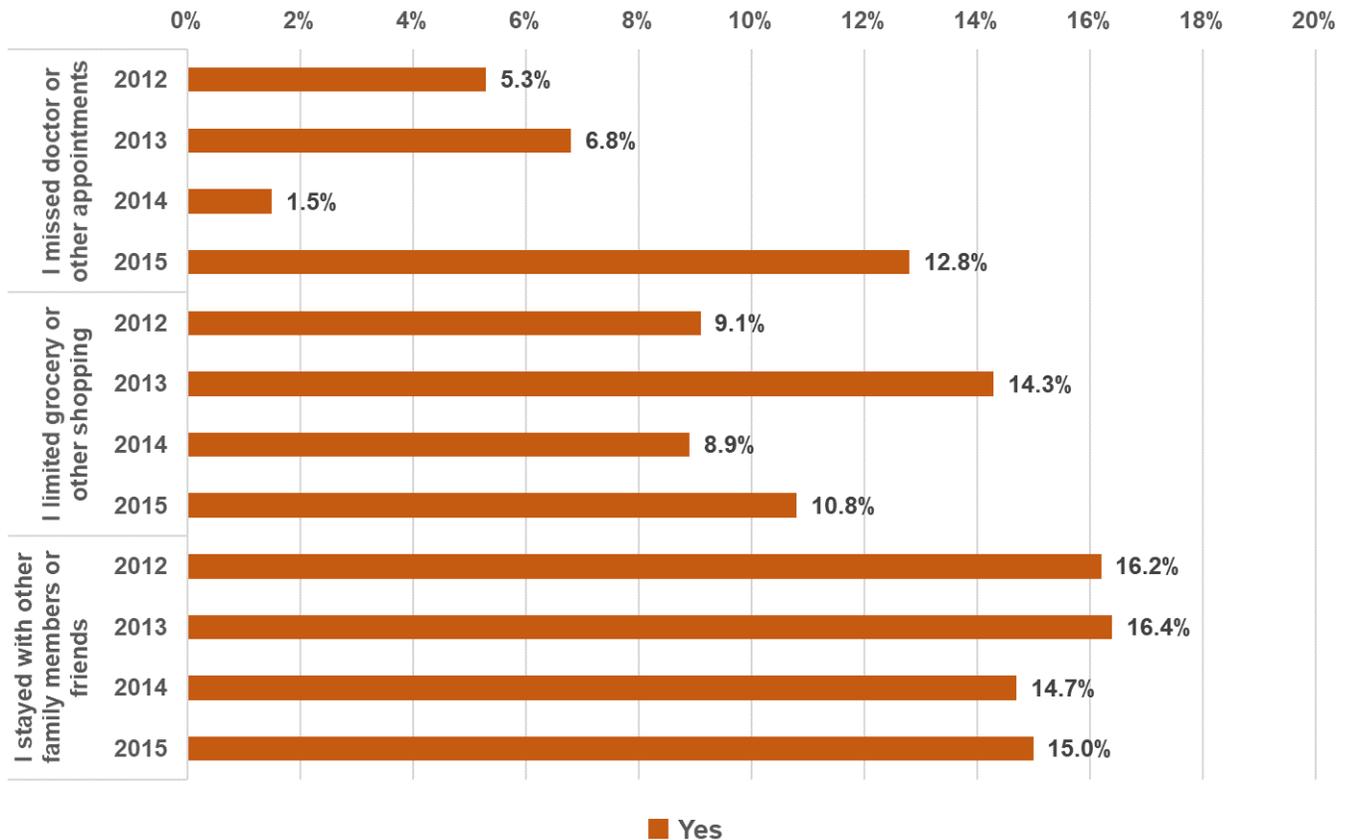
Question 45: During the 12 months before your new baby was born, how often did you feel unsafe in the neighborhood where you lived? Respondents are to select from Always, Often, Sometimes, Rarely or Never.

Figure 145. Q45: Percentage of PRAMS Respondents Who Felt Unsafe in the Neighborhood Where They Lived in the 12 Months Before Their New Baby Was Born



Question 46: During the 12 months before your new baby was born, did you do any of the following things because you felt it was unsafe to leave or return to the neighborhood where you lived? Respondents are to answer Yes or No to each option.

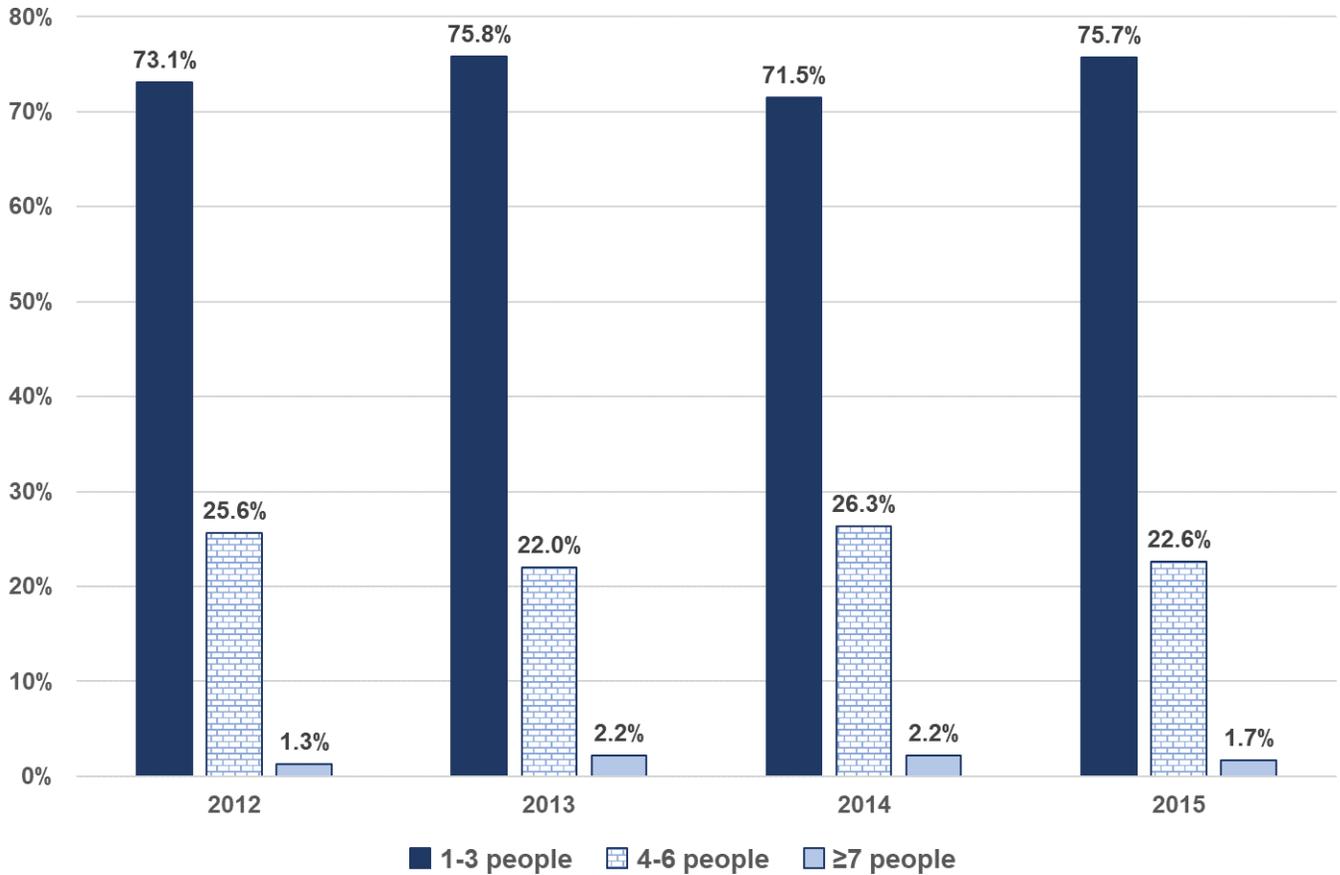
Figure 146. Q46: Percentage of PRAMS Respondents Who Limited Activities Due to Feeling Unsafe in Their Neighborhood in the 12 Months Before Their New Baby Was Born.



** Question not available in the PA PRAMS Phase 8 survey.

Question 83: During the 12 months before your new baby was born, how many people, including yourself, depended on this income?[‡] Respondents are to indicate the number of people.

Figure 147. Q83: Number of Persons Dependent on the Reported Income in the PRAMS Survey by Year



[‡] The income ranges referred to can be found in Question 82 in Appendix A

Appendix A

Question 7: At any time during the 12 months before you got pregnant with your new baby, did you do any of the following things?

- a. I was dieting to lose weight
- b. I was exercising ≥ 3 days/ week
- c. I was regularly taking prescription medicines other than birth control
- d. I visited a health care worker and was checked for diabetes
- e. I visited a health care worker and was checked for high blood pressure
- f. I visited a health care worker and was checked for depression or anxiety
- g. I talked to a health care worker about my family medical history
- h. I had my teeth cleaned by a dentist or dental hygienist

Question 22: During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below?

- a. How much weight I should gain during my pregnancy
- b. How smoking during pregnancy could affect my baby
- c. Breastfeeding my baby
- d. How drinking alcohol during pregnancy could affect my baby
- e. Using a seat belt during my pregnancy
- f. Medicines that are safe to take during my pregnancy
- g. How using illegal drugs could affect my baby
- h. Doing tests to screen for birth defects or diseases that run in my family
- i. The signs and symptoms of preterm labor (labor more than 3 weeks before the baby is due)
- j. Getting tested for HIV (the virus that causes AIDS)
- k. What to do if I feel depressed during my pregnancy or after my baby is born

Question 32: During your most recent pregnancy, did the home visitor who came to your home talk with you about any of the things listed below?

- a. How smoking during pregnancy could affect my baby
- b. How drinking alcohol during pregnancy could affect my baby
- c. Doing tests to screen for birth defects or diseases that run in my family
- d. The importance of getting tested for HIV or other sexually transmitted infections
- e. Physical or emotional abuse to women by their husbands or partners
- f. Breastfeeding my baby
- g. My emotional well-being

Question 59: Since your new baby was born, did a doctor, nurse, or other health care worker talk with you about any of the things listed below?

- a. Help with or information about breastfeeding
- b. How long to wait before getting pregnant again
- c. Birth control methods that I can use after giving birth
- d. Postpartum depression
- e. Support groups for new parents
- f. Resources in my community such as nurse home visitation programs, telephone hotlines, counseling, etc.
- g. Getting to and staying at a healthy weight after delivery

Question 61: In which one position do you most often lay your baby down to sleep now?

1. Side
2. Back
3. Stomach
4. Side/back
5. Side/stomach
6. Back/stomach
7. All 3 positions

Question 62: How often does your new baby sleep in the same bed with you or anyone else?

- Always
- Often
- Sometimes
- Rarely
- Never

Question 63: Listed below are some things that describe how your new baby usually sleeps.

- a. My new baby sleeps in a crib or portable crib
 - i. My new baby sleeps on a firm or hard mattress
 - j. My new baby sleeps with pillows
 - k. My new baby sleeps with bumper pads
 - l. My new baby sleeps with plush or thick blankets
- m. My new baby sleeps with stuffed toys
- n. My new baby sleeps with an infant positioner
- o. My new baby sleeps with me or another person

Question 76: Listed below are some statements about safety.

- a. I always used a seat belt during my most recent pregnancy
- b. My home has a working smoke alarm
- c. There are loaded guns, rifles, or other firearms in my home
- d. I have received information about infant products that should be taken off the market (product recalls) since my new baby was born

Question 82: During the 12 months before your new baby was born, what was your yearly total household income before taxes?

- \$0 to \$15,000
- \$15,001 to \$19,000
- \$19,001 to \$22,000
- \$22,001 to \$26,000
- \$26,001 to \$29,000
- \$29,001 to \$37,000
- \$37,001 to \$44,000
- \$44,001 to \$52,000
- \$52,001 to \$56,000
- \$56,001 to \$67,000
- \$67,001 to \$79,000
- \$79,001 or more

Citations

1. Centers for Disease Control and Prevention. (2020). *PRAMS*. Retrieved from <https://www.cdc.gov/prams/index.htm>
2. Pennsylvania Department of Health. (2016). *Pennsylvania PRAMS Protocol Version 7*.
3. Centers for Disease Control and Prevention. (2020). *PRAMS*. Retrieved from <https://www.cdc.gov/prams/index.htm>
4. Centers for Disease Control and Prevention. (2020). *PRAMS*. Retrieved from <https://www.cdc.gov/prams/index.htm>
5. Centers for Disease Control and Prevention. (2019). *PRAMS Selected 2012 through 2015 Maternal Child Health (MCH) Indicators*.
6. Centers for Disease Control and Prevention. (2019). *PRAMS Methodology*. Retrieved from <https://www.cdc.gov/prams/methodology.htm>
7. Kotelchuck M. (1994). An evaluation of the Kessner Adequacy of Prenatal Care Index and a proposed Adequacy of Prenatal Care Utilization Index. *American Journal of Public Health, 84*(9), 1414–1420. doi:10.2105/ajph.84.9.1414
8. Healthy People 2020. (2019). *Social Determinants of Health*. Retrieved from <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>